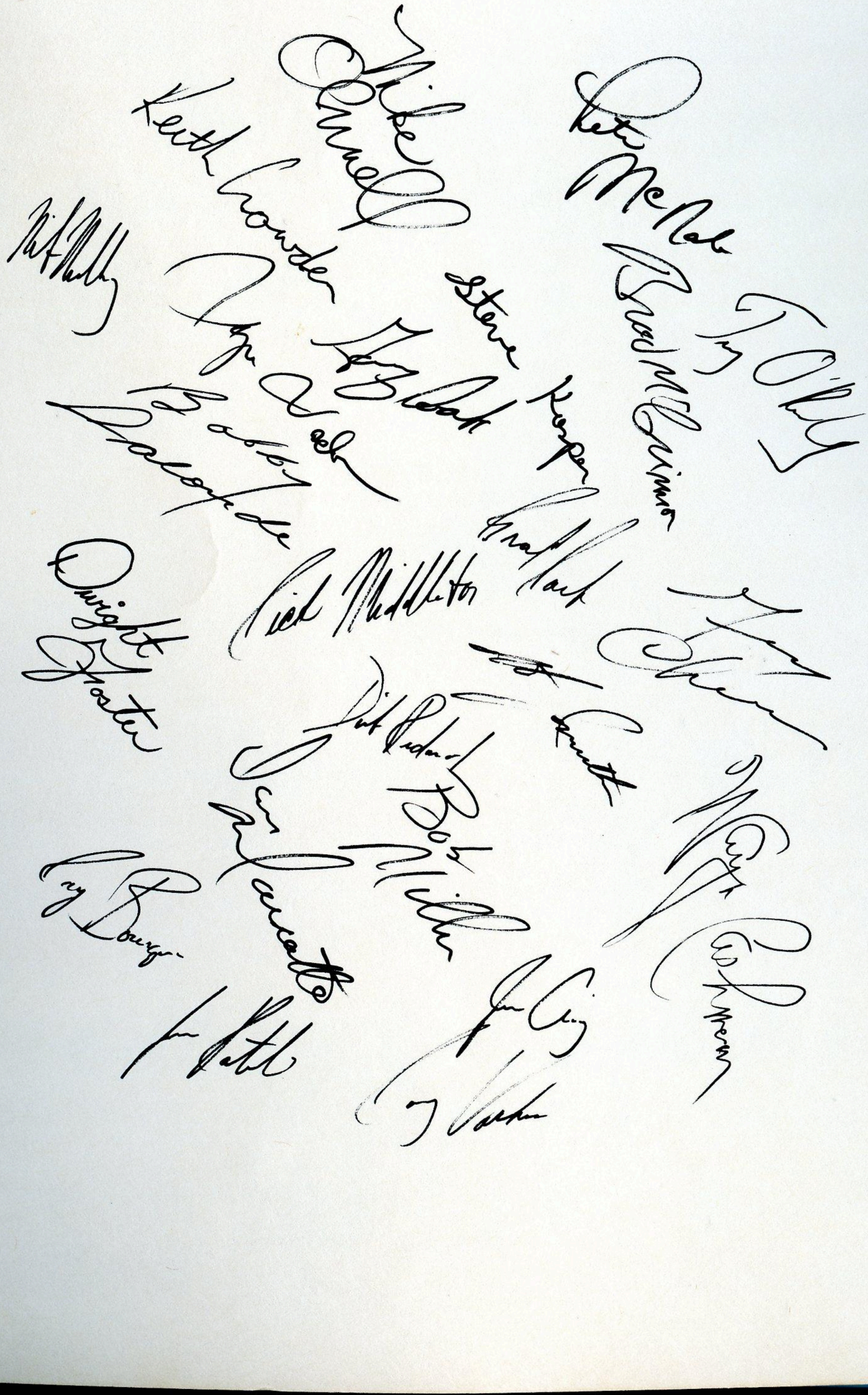
WHAT'S BRUIN'?

BOSTON BRUINS' FAMILY COOKBOOK



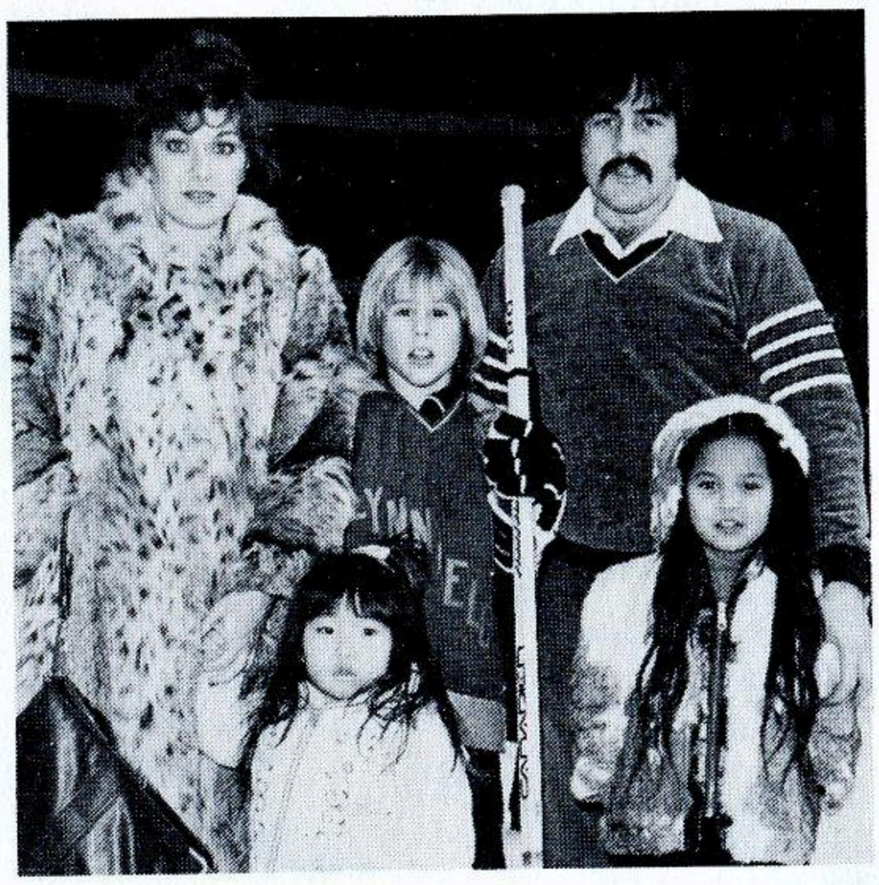
Dedication

"The Wives of the Boston Bruins would like to dedicate this family Cookbook to all the Children in "Childrens' Hospital" and hope that this small contribution may be of some help to all the sick children in the world."

Diana McNab

Printer: Spaulding Printers
Photos by: All Ruelle and Diana McNab
Illustrations: Susan Earnshaw

The Vachons'



Rogie and Nicole met 11 1/2 years ago in Montreal, where Nicole was working for Artistic Newspaper and as a researcher for C.B.C. television. They married two years later. They have three children. Nicholas 8 1/2, may follow in his father footsteps, only as a center. He is already a star in the Mites, with 33 goals and 2 assists in 9 games. Nicole is starting to work on his contract! Their Vietnamese daughter Jade, 6 1/2, wants to be a doctor or a ballet dancer. Their youngest, Marie Joie, 3 1/2, is a Korean. She will probably be an opera singer as she has proven so often at home and school that she has great vocal cords. Rogie and Nicole are strong supporters of World Vision International. They are foster parents to five children from all over the world.

Rogie loves all sports including golf, tennis and fishing. He also loves to cook, which is strongly encouraged by Nicole who hopes to retire from the kitchen by the time he retires from hockey. Rogie relaxes watching game shows or by listening to Luciano Pavarotti. Nicole is interested in the arts, theater, good books and traveling. Instead of television research, Nicole is now researching for good investments. She is the businessman of the family. They live in the Boston area and travel most of the summer. Rogie also teaches at the Okanagan Hockey School in Penticton, British Columbia, Canada.

Boeuf Bourguignon a la Rogie

2 lbs. lean beef, cubed
1/4 cup peanut oil
4 tbsps. sherry
4 medium onions, sliced
16 big mushrooms, sliced
2 tbsps. beef broth (oxo)
1 1/2 cups beef concentrate
(2 cubes)
2 cups red wine
3 bay leaves
1/2 tsp. thyme
1 tsp. marjoram
3 tsp. parsley (chopped)
4 tbsps. soya sauce
2 tbsps. Worcestershire sauce
salt
pepper (to taste)

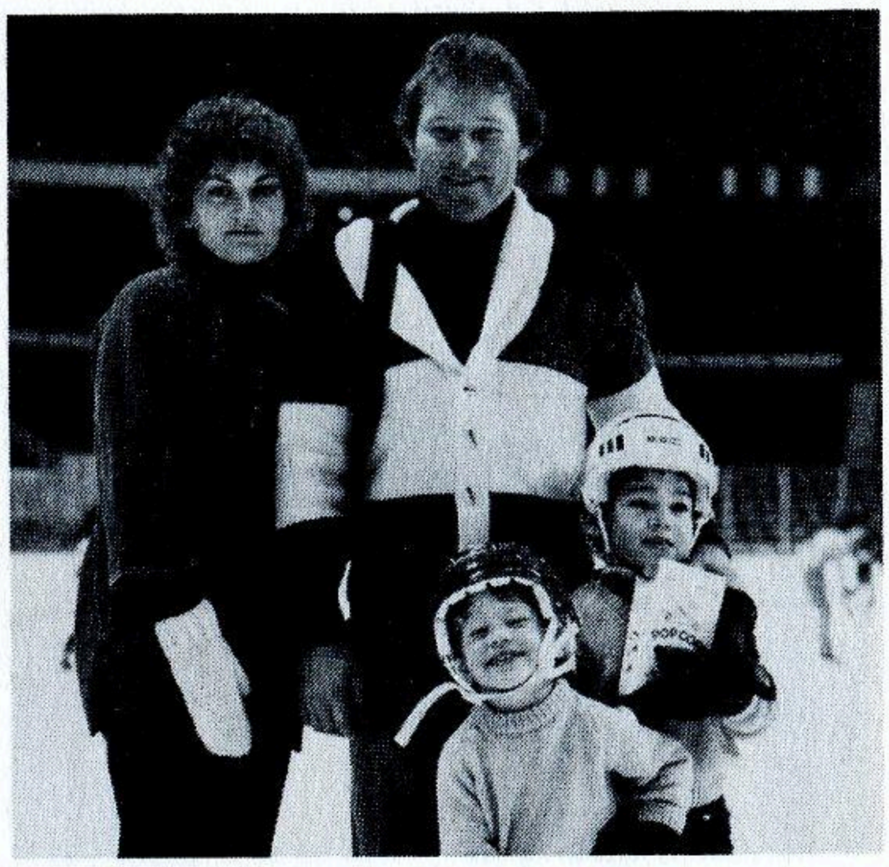
Brown meat in oil and add sherry. Put in a roasting pan and set aside in warm oven. Brown onion and mushrooms in skillet. Add tomato paste. Add mixture and remaining ingredients to the roasting pan. Stir. Cook for 3 1/2 hours at 275°. Stir regularly. Remove top of pan for last 1/2 hour.

Potage au Broccoli (soup)

1 package of broccoli
4 medium onions
4 medium potatoes
Half n' Half cream
salt (be generous)
pepper

Cook broccoli, onions and potatoes very well in chicken bouillon. Put everything in blender, adding Half n' Half (to desired thickness) salt, pepper and mix (to creamed consistency) Heat slowly, do not bring to boil, and serve.

The Redmonds'



Dick and Debbie Redmond met through a mutual friend in the summer of 1971 and were married on June 17th of the following year. They have two sons. Shawn and Matthew and are expecting another baby in July. During the season they live north of Boston, where Dick relaxes playing his guitar and developing pictures in his darkroom. In her spare time, Debbie enjoys racquetball, crafts and teaching children's gymnastics. Dick's family has a hockey history, with his brother Mickey, a retired 50 goal scorer with the Detroit Red Wings and his father Ed playing on the 1958 world champion Whitby Dunlops.

During the off-season the Redmonds live at a home on a lake near Peterborough, Ontario, Canada. It is here that they all enjoy the fun of skin and scuba diving, waterskiing, fishing and boating in general. Even their 6 year old Shawn has been found spending some time with the scuba tanks underwater with Dad. Family, friends, swimming regattas and golf tournaments make for a busy but fun summer.

Chicken and Wild Rice Casserole

3 cups cooked chicken, diced
1 package Wild Rice
1/2 cup chopped onion
1/2 cup butter
1/4 cup flour
1-6 oz. can whole mushrooms
chicken broth or cube
1 1/2 cups light cream
1/4 cup diced pimento
2 tbsps. parsley flakes
1 1/2 tsps. salt
1/2 tsp. pepper
1/2 cup slivered almonds

In large skillet saute chopped onion in butter until tender but not brown. Remove from heat and stir in flour. Drain can of mushrooms and reserve liquid. Add liquid and enough chicken broth or cube to measure 1 1/2 cups. Gradually stir into flour mixture. Add light cream and stir over low heat until mixture thickens. In 2 quart casserole mix together above sauce with prepared Wild Rice (cooked according to directions on package), mushrooms, cooked chicken, pimento, parsley flakes, salt and pepper. Sprinkle top with almonds. Bake covered at 350^0 for 25-30 minutes.

Cocktail Meatballs

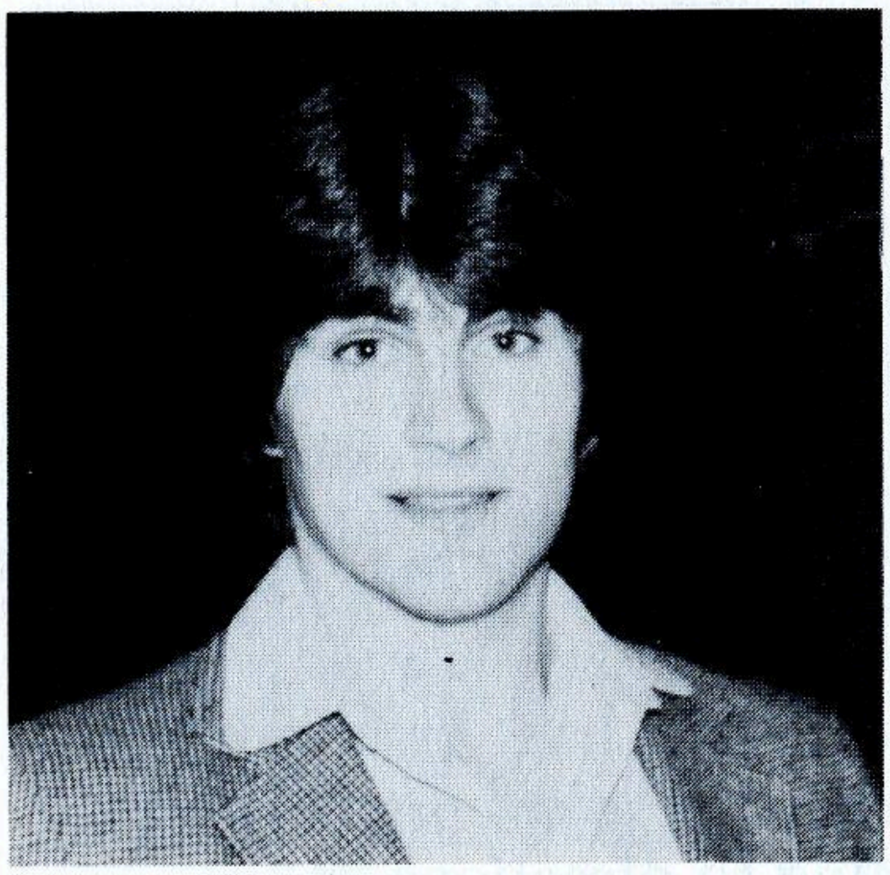
3 lbs. ground beef
3 eggs
3/4 cup bread crumbs
1 small bottle minced onion
2 tbsp. grated cheese
2 tins Beef Broth
salt
pepper
oregano
garlic powder
mint flakes
(as you desire)

Mix together all ingredients in mixing bowl. Form into bitesize meatballs and lightly brown in skillet. Place meatballs in long pan and pour over beef broth. Bake for 1 1/2 hours at 325^0. Remove meatballs and place in deep casserole. Add sauce to meatballs and serve warm.

Sauce:
2 1/2 cups of water
2 cups of ketchup
1/2 cup brown sugar
1/2 cup vinegar
4 tbsps. worcestershire sauce
2 tsps. celery salt
2 tsps. chili powder
dash of tabasco
2 tbsps. flour
salt and pepper

Blend all ingredients together and cook over low heat until it thickens.

Ray Bourque



Age: 20 — born December 28, 1960

Played for Verdun Hawks in Quebec Major Junior A before joining Bruins

Favourite Restaurant: Barbie Barn in Montreal

Off-season: enjoys golf and camping

Type of girl: nice and quite

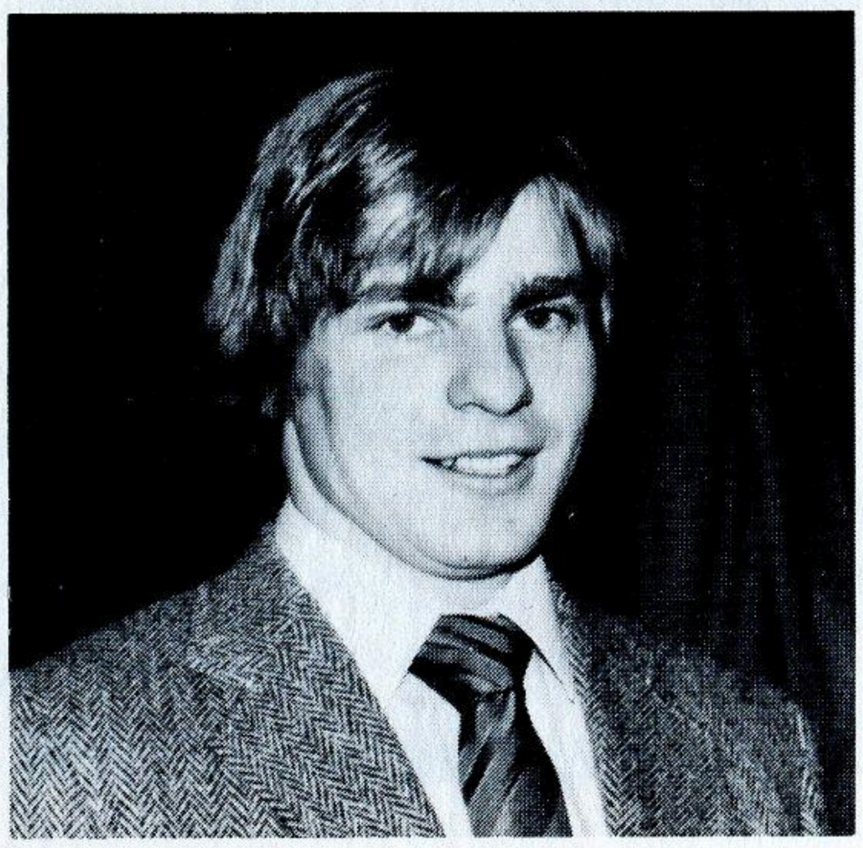
Has a new home in Danvers which he shares with teammate, Steve Kasper.

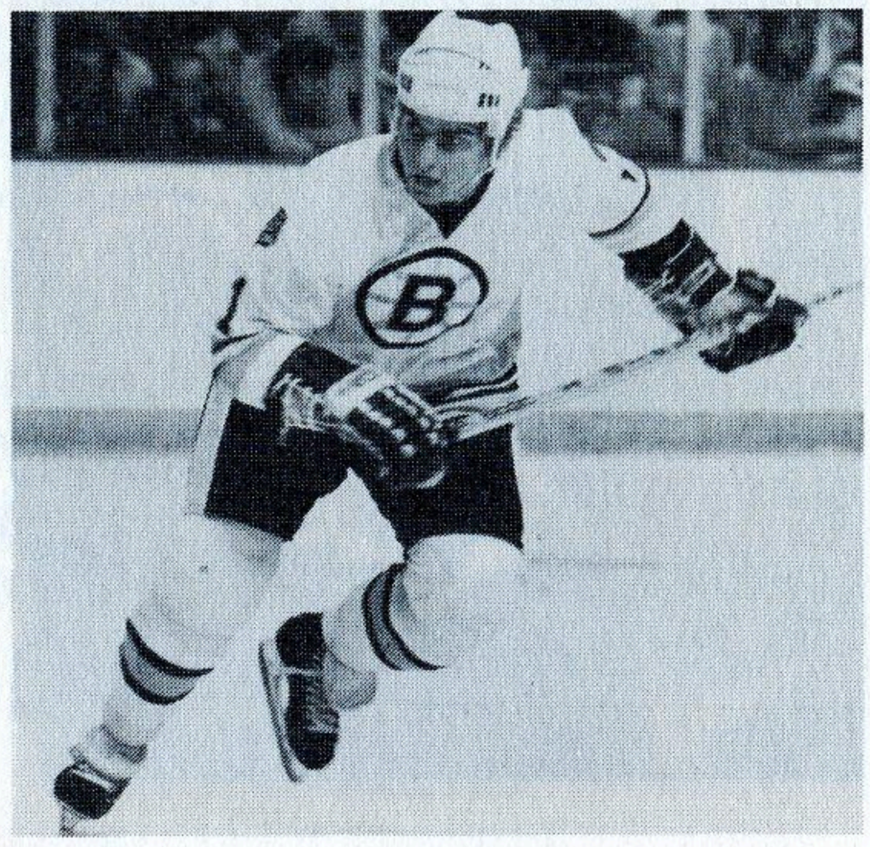
Chicken with Parmesan Cheese

1 quartered chicken
1 cup dry white wine
1 cup grated parmesan cheese
1 tbsp. prepared mustard
1 cup heavy cream
1/2 cup bread crumbs

Melt 4 tbsp. butter in a casserole on stove. Add chicken, first seasoning with salt, pepper and paprika. Cover; cook over low heat until browned and tender (45 minutes - 1 hour). When chicken is done, remove from casserole. Put chicken on broiling pan lined with aluminum foil. From juices left from chicken, add 1 cup parmesan cheese. Melt over low heat. Add white wine, mustard, and cream. Stir constantly until mixture just boils. Pour sauce over chicken; sprinkle with bread crumbs. Place under broiler long enough for crumbs to brown.

Steve Kasper





Age: 19 — born September 28, 1961

Last team played for:
Sorel Black Hawks in Quebec
Major Junior A

Favourite Restaurant:
Gibby's in Montreal

Off-season: enjoys golf and tennis

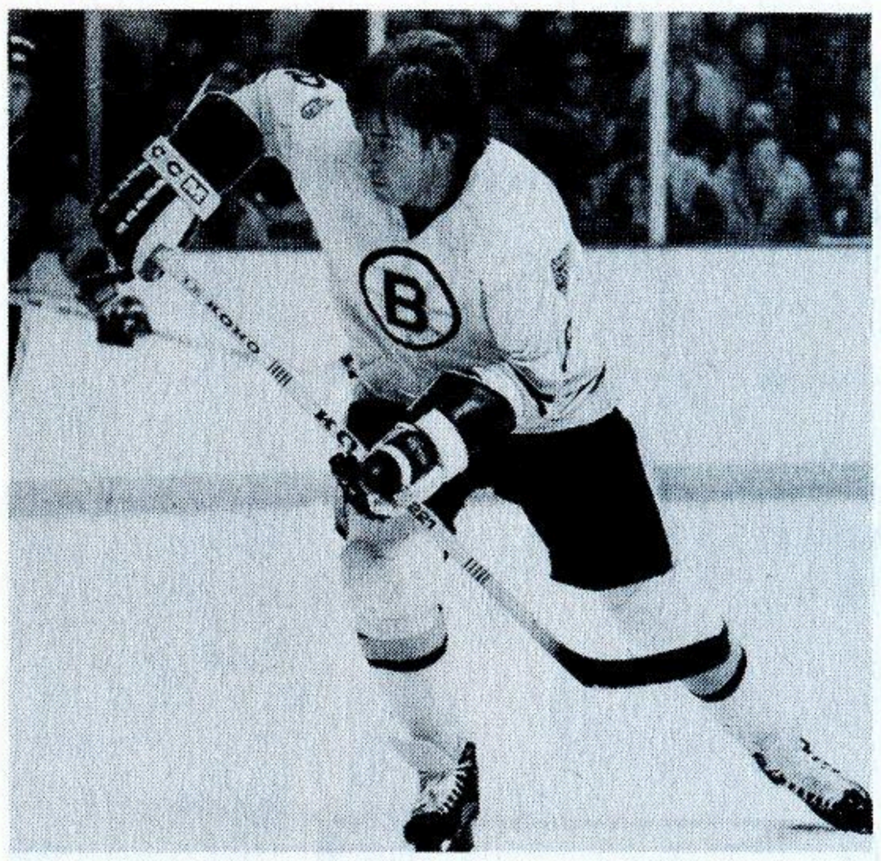
Type of girl: brunette

Pepper Steak

1 lb. steak
1 green pepper
1 onion
1 tomato
1 tbsp. soy sauce
1 tbsp. sherry
1 tsp. cornstarch

Chop onion and green pepper. Cut steak into 1" cubes. Brown meat in oil. Add onions and peppers. Add soy sauce, sherry and 1/8 tsp. garlic powder. Cover; cook on low heat for 10 minutes. Mix cornstarch and 2 tablespoons water, stir until smooth. Add to meat, let mixture boil, stir constantly. Cut tomato into 8 pieces, add to skillet. Cover, allow to cook gently for 15 minutes. Serve over rice.

The McNabs'



Peter and Diana met while both attending the University of Denver. Peter was on a hockey scholarship and Diana was on a skiing scholarship. Peter grew up in San Diego, California and Diana is from Toronto, Canada where she was a member of Canada's National Ski Team for 6 years. They were married in the mountains in Boulder, Colorado, August 19, 1973.

Peter signed with the Buffalo Sabres that same summer and played in their farm team 1 year in Cincinnati, Ohio and then played in Buffalo for 2 years. Peter was traded to the Boston Bruins the summer of '76 and they now reside in Andover, Massachusetts. Diana received her Masters Degree in Sports Psychology from Boston University and now coaches skiing at Phillips Academy in Andover.

January 9, 1980, Shanon Elizabeth McNab was born and has added great joy to the family. The McNabs own 2 golden retrievers, Crash and Sunshine McNab and enjoy all sports and recreation activities. They reside in California during the summers and enjoy the best of both worlds.

Pre-Game Waffles

1 3/4 cups flour
2 tsps. double-acting baking powder
1/2 tsp. salt
1 tbsp. sugar

Mix all dry ingredients well.

Beat well:
3 egg yolks
3 tbsps. vegetable oil
1 1/2 cups milk

Separately — beat until stiff
3 egg whites

Make a hole in center of the dry ingredients and pour in the liquid ingredients. Combine them with a few swift strokes -a pebbled look. Then fold in stiff egg whites until they are barely blended. Now pour ingredients onto your waffle iron cook until golden brown on each side.

Mom's Mushroom Pie

10" pie crust in tin

Combine in layers:
a layer of grated white cheddar cheese on bottom.
then a layer of cooked crushed bacon.
then a layer of green onions (2 bunches).

Fill with 1 1/2 lbs. sauteed mushrooms.

Separately beat 3 eggs with 1/2 cup milk. Add salt and pepper to taste and pour liquid ingredients into pie shell over the layers. Bake 15 minutes at 425°, then 30 minutes at 350°. Serves 6-8 with a light white wine and a salad of various lettuce.

Yogurt Pie

graham cracker crust

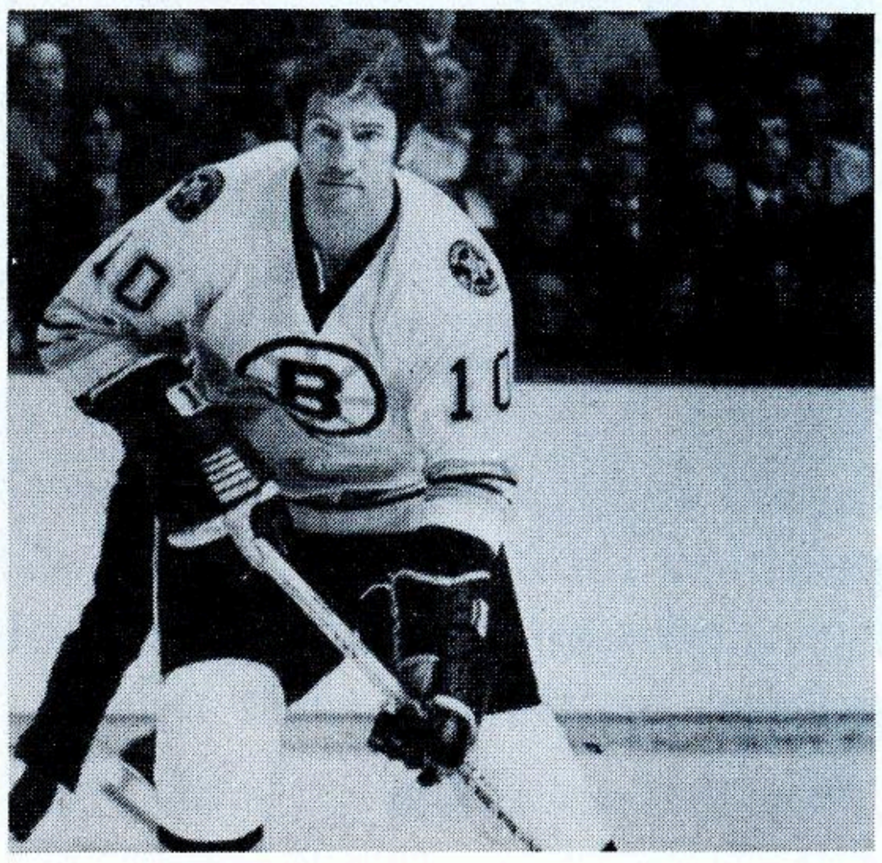
Mix together:
1 3/4 cups graham crumbs
1/4 cup chopped walnuts
1/2 tsp. cinnamon
1/2 cup melted butter

Press into 10" pie shell.

Combine:
2-8 oz. containers of your favorite fruit yogurt
1/2 of 8 oz. container of Cool Whip

Pour into pie shell and put in refrigerator 2 hours.

The Ratelles'



Although most people don't know it, Jean Ratelle is a "ladies man." He lives in Lynnfield with four women - his wife and three daughters. While graciously accepting the sympathy heaped upon him for the misfortune of not having a son, Jean secretly enjoys his harem where he alone, is king.

Wife Nancy, is a registered nurse. Since she is Canadian trained, she recently wrote and passed her Mass. Nursing State Boards. She then took a refresher course at Boston College and is now a part-time school nurse.

A junior in high school, his daughter Catherine is an excellent student. At the moment she is volunteering in a pychiatric hospital along with working at a local pharmacy. Catherine is contemplating a career in either medicine or journalism.

Jean's second daughter Carolyn, is an above average eight grade student. For the third year, Carolyn is involved in cheerleading both competitively and for school basketball. With the help of another mother, Nancy Ratelle designed and made the outfits for the entire varsity cheering squad.

At age eight, Christy is a delight to her parents. She is a sweet and beautiful child who is an avid reader, enjoys swimming and skating and does very well in school.

Cocktail Weiners

1 6 oz. jar (3/4 cup) prepared mustard
1 10 oz. jar (1 cup) grape jelly
1 lb. (8-10) frankfurters sliced diagonally in bit-size pieces

Mix mustard & jelly in saucepan over low heat. Add weiners to sauce and heat through. Place in chafing dish and serve hot.

Old Fashioned Short Bread

1 lb. butter
1 cup brown sugar
4 cups flour

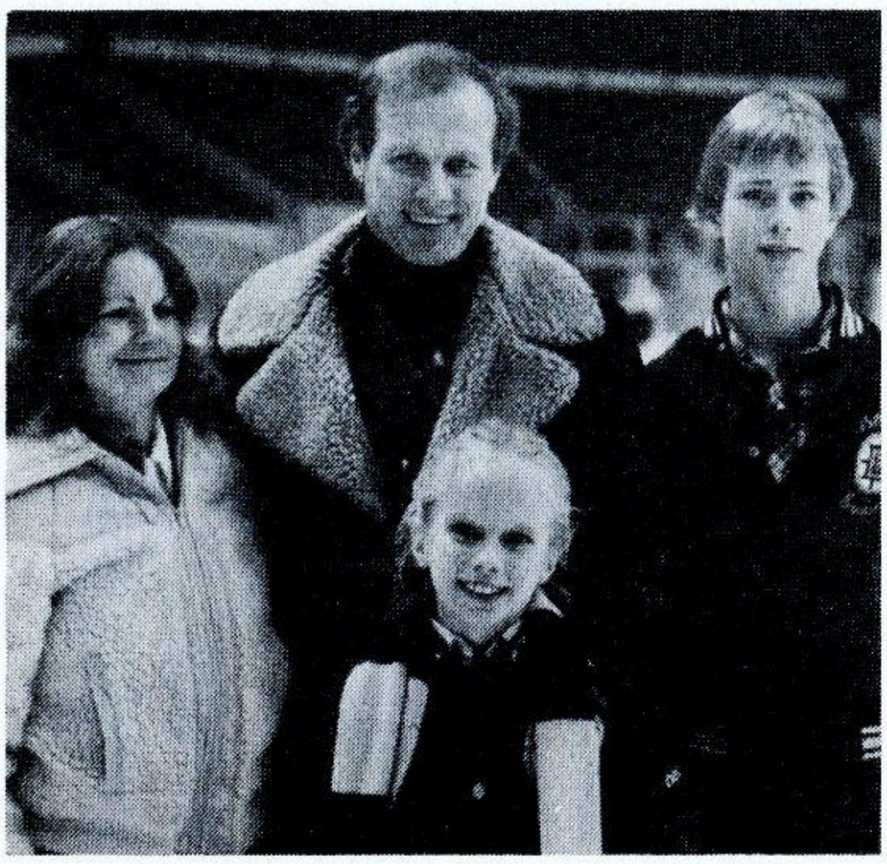
Mix sugar and butter. Knead in flour. Roll in small balls and thumb print. Bake 10-15 minutes at 350°. Makes 3-4 dozen cookies.

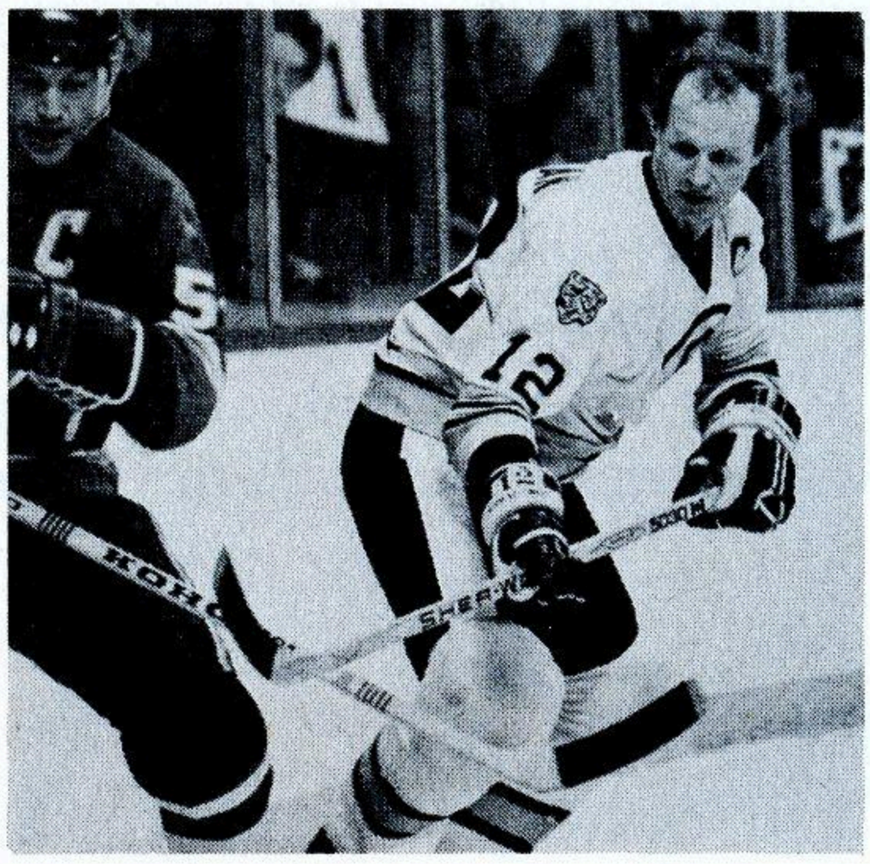
French-Canadian Pea Soup

1 lb. green split peas, rinsed
3-4 qts. of water
1 lg. onion, chopped
2 raw carrots, diced
1 potato, diced
2 stalks celery, diced
1 ham bone

Place bone and water in dutch oven. Bring to boil. Add the rest of ingredients. Bring to boil & let simmer for 3-4 hours. Add more water if necessary. Remove bone. Trim hame pieces and place in soup. Serve.

The Cashmans'





Kingston, Ontario, Canadian-born Wayne Cashman, his wife, Lyn, with their children Scott and Becky, enjoy the country living of Middleboro, Massachusetts. Their beautiful cape home and two-story barn located on fifty acres of woodland add to the New England setting of well-stocked ponds, white-fenced pastures and grazing horses. It is appropriately named Our Goal Farm.

Each member of the Cashman family is actively involved in raising and showing registered Quarter Horses. Wayne, who directs the farm operation, also handles the driving to the horse shows and can be frequently seen barbecueing lunch near their motorhome and horse trailer. Lyn and ten-year-old Becky are the showmen of the family and have acquired quite a successful record with many championships. Fifteen-year-old Scott is in charge of the barn work at home, but his main interests are motorbiking and ice skating. He is a member of the local youth hockey team where he is the team star being the highest scorer.

In addition to the horse activities during off-season, Wayne, spends time fishing with his son who is also his sidekick while doing promotional work for Copenhagen-Skoal of the U.S. Tobacco Company. The Boston Bruins Captain is Chairman of the Wayne Cashman Golf Tournament for the United Way, golfing being a hobby at which he is quite adept.

Summer Squash

4 large summer squash
1 large onion
1 cup sour cream
1 cup cream of chicken soup
1 package croutons
1/4 stick butter
seasoned salt to taste

Boil 4 large summer squash, sliced and one onion, sliced until done. Drain. Mash lightly, mix with one cup sour cream and one cup cream of chicken soup. Package of croutons. Toss croutons with 1/4 stick melted butter. Sprinkle 1/2 croutons in bottom of 3 quart casserole. Dump in squash. Sprinkle rest of croutons on top. Bake 35⁰ for 45 minutes. (Use season salt to taste if preferred)

Cold Punch

2 cans Hawiian Punch
1 large ginger ale
1 package frozen strawberries
2 cans frozen orange juice,
2 cans water
1 can crushed pineapply
(reg size)
1 jar cherries (no juice)a
1 quart white rum
2 oranges
1 lemon sliced on top

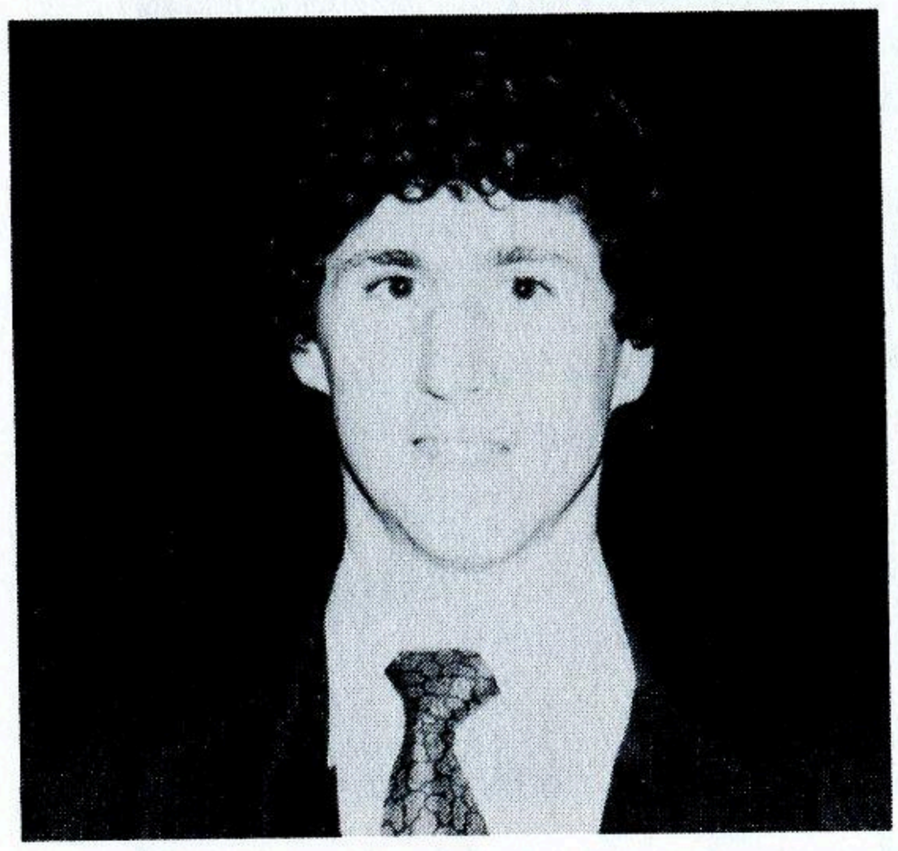
Prepare night before with exceptions of rum and ginger ale.

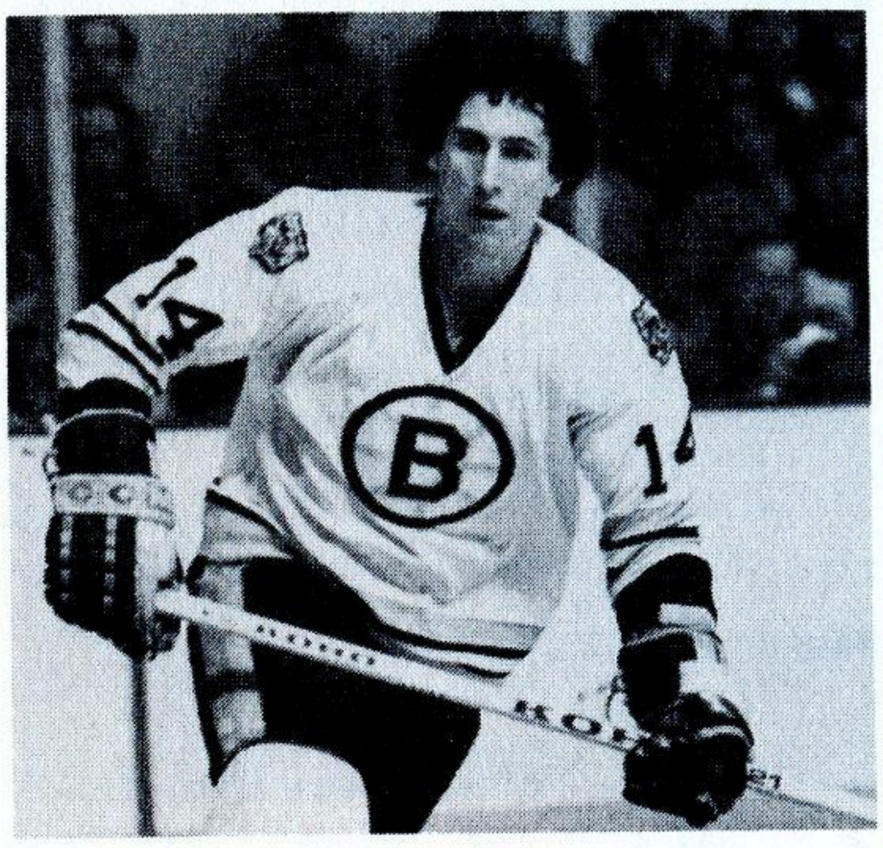
Pumpkin Bread

4 eggs
1 cup oil
3 cups sugar
1 tsp. cinnamon
1 tsp. nutmeg
2 cups pumpkin (1 can)
2/3 cup cold water
3 1/3 cups flour
2 tsp. baking soda
1 1/2 tsp. salt

Beat eggs well, add pumpkin, oil and water, mixing after each one. Add sugar, one cup at a time. Sift dry ingredients together and mix in a bit at a time. Bake in two or three lightly buttered bread pans at 350⁰ for one hour.

Bobby Miller



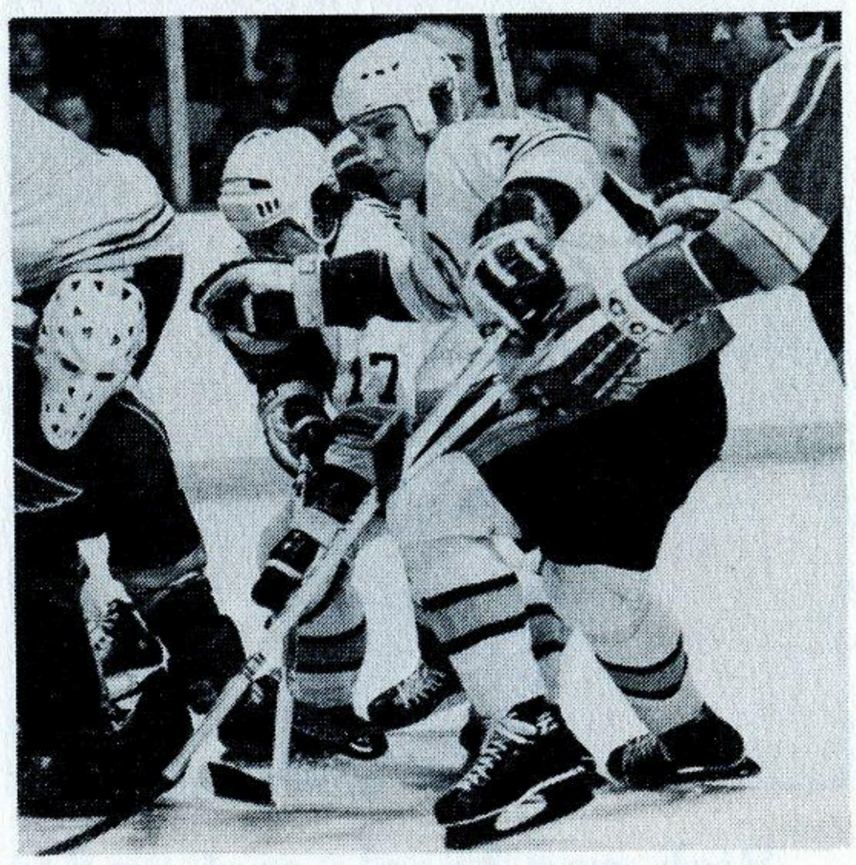


Age: 24 — September 28, 1956
Birthplace: Medford, Mass.
Hobbies: fishing
Previous team: University of New Hampshire
Types of girl: single!

Barbecued Bluefish

Smother the fillets with mayonnaise and with slices of onion and tomato. Cook each side at about 5 per minutes per pound and on an average fillet, usually 7 minutes per side is good!

Keith Crowder



Birthdate: January 6, 1959

Birthplace: Windsor, Ontario

Hobbies: travel
1955 T-bird restoration

Previous team: 1980 - Binghampton of AHL

Type of girl: One who can cook so he doesn't have to!

Cornish Rock Hens and Wild Rice

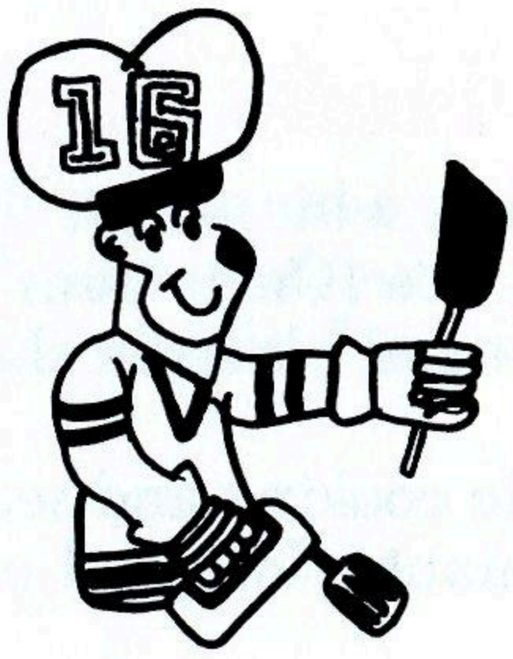
1. Remove giblets and rinse with water.
2. Slightly pre-cook wild rice (Uncle Bens - follow directions).
3. Stuff chicken with rice and place on shallow pan in rack of oven at 375°.
4. Baste with butter while cooking and season as desired.
5. Cook for 1 hour (15 minutes longer if over 1 lb. 6 oz.).

The Middletons'

Rick and Nicole met under strange circumstances as it was through a player on another team. Rick was in Montreal to play the Montreal Canadiens when his friend Rick Chartraw asked him to have dinner with two friends of his. As you can guess one of them was Nicole; after one look at her Rick knew he wanted to meet her - and they have been together ever since. You might call it love at first sight!

Nicole was a flight attendant with Air Canada at the time they met and Rick was playing for the Boston Bruins. They were married in Montreal and now reside on the North Shore of Boston.

Claudine Middleton was born last year and is almost 1 years old. Nicole keeps busy playing racquetball, swimming and taking care of her husband, house and family. Rick plays golf in the off-season and is a big help to all the charities in the area. Nicole is still working on making it a bilingual family.



Pate de faie

seasoned salt
1 tsp. of thyme
1 tsp. basil
1 tsp. crushed bay leaf
3 tbsps. of salt
1 1/2 tbsps. of pepper
1 tsp. of sage

Combine all ingredients in a mixing bowl; set aside.

Pate:

3/4 lb. of chicken livers
1/4 cup of cognac
3/4 lb. of ground pork tenderloin
1 lb. of pork fat
2 eggs
2 1/2 tbsps. of seasoned salt
3 cloves of garlic, smashed and chopped
7 thin slices of pork fat
2 bay leaves

Preheat oven to 400°.

In a mixing bowl, pour the cognac over the chicken livers. Marinate for 6 hours.

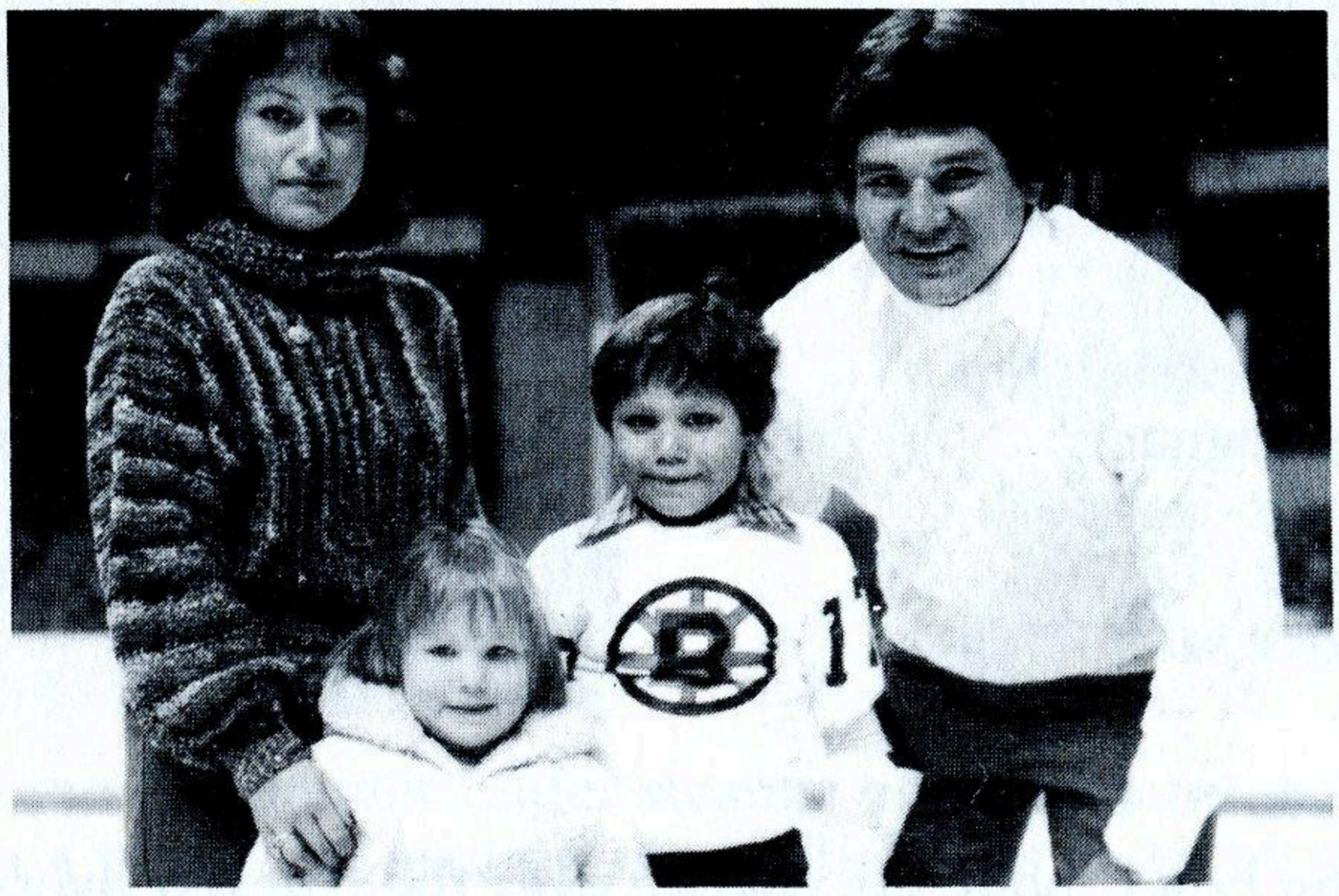
Drain the chicken livers and chop fine; reserve the marinade. In a mixing bowl, combine the chopped livers, ground pork, ground fat and eggs. Add the seasoned salt, garlic and marinade. Mix thoroughly. Line a mold with slices of pork fat. Fill with the meat mixture; top with bay leaves. Cover the meat with sliced pork fat. Cover the terrine. Place the terrine in 2" of water in a roasting pan. Bake in the oven for 1 hour and 45 minutes. Remove from oven. Cool for 30 minutes. Remove the cover. Lay a plate on top of the plate and weigh it down with a few cans. Let rest at room temperature for 6 hours. Remove weights and refrigerate for 12 hours.
Serves 8-10.

Egg Dip

3 hard boiled eggs, cut up fine
1-8 oz. cream cheese, room temperature
mayonnaise to mix
1 small onion, cut up fine
salt and pepper to taste

Mix altogether. Sprinkle with paprika.

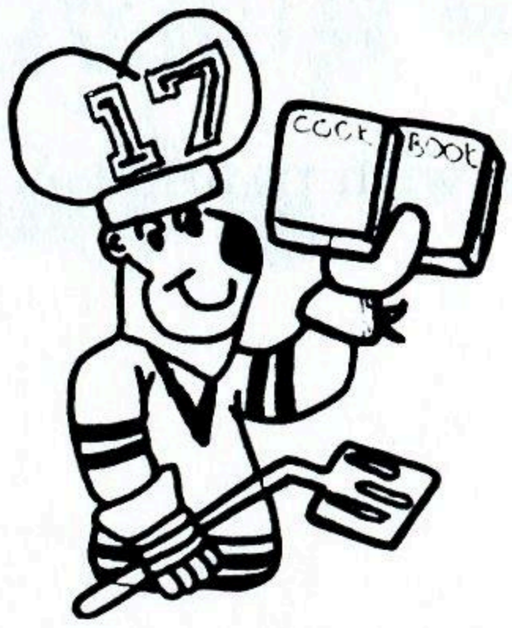
The Jonathans'



Cathy and Stan met while they were both in public school on the Six Nations Indian Reserve in Ontario. He played for the Peterborough Petes Junior A team for 3 years and played 1 year in Dayton, Ohio in the IHL.

They were married in June 1976.

Cath and Stan have a son, Carl, and a daughter, Brandi. Last fall they bought a home in Boxford, Mass. but still plan to spend summers on the "Res."



Marinated Chicken Wings

6 lbs. chicken wings
8 oz. honey
5 oz. bottle soy sauce
4 tbsp. cooking oil
4 tbsp. catsup
garlic powder

Cut up chicken wings and throw away tips. Mix rest of ingredients and marinate overnight or for at least 3 hours. Bake uncovered at 375⁰ for 1 hour, stirring occassionally.

Irish Bread

2 1/2 cups sifted flour
2 tsp. baking powder
1 tsp salt
1/2 tsp. baking soda
1/4 cup margarine
1/2 cup sugar
1 1/4 cup buttermilk
1 cup raisins
1 tsp caraway

Cream butter and sugar; add egg and buttermilk. Mix dry ingredients. Add liquid mixture to dry mixture, mix well. Add seeds and raisins. Brush top with melted butter and sprinkle with sugar. Bake at 375⁰ for 1 hour.

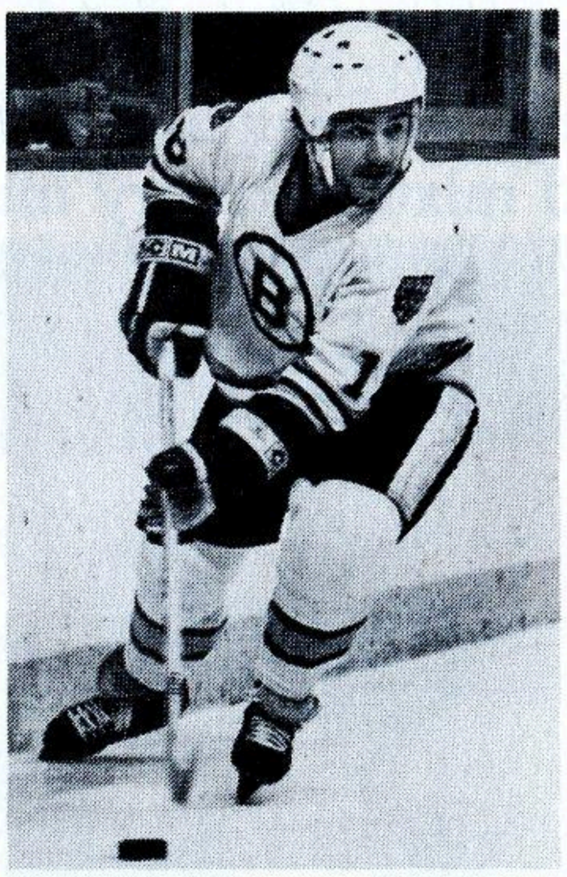
Stuffed Mushrooms

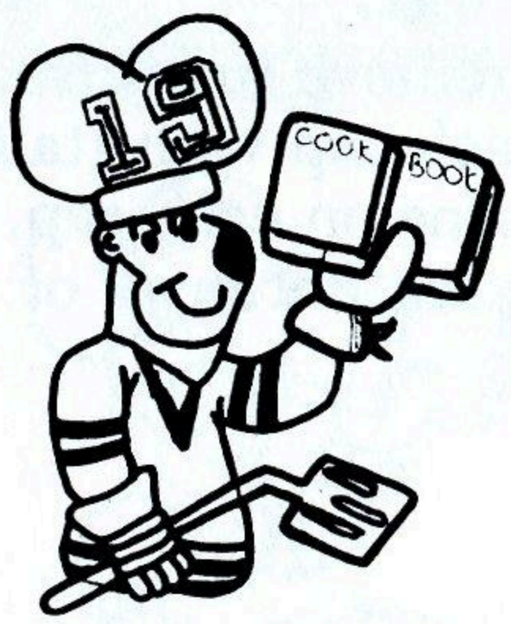
pkg. fresh mushrooms
Italian bread crumbs
margarine
garlic salt
mozarella cheese

Wash mushrooms and remove stems from caps. Sprinkle garlic salt in caps and stuff each cap with Italian bread crumbs. Place a piece of margarine on each cap. Bake at 400⁰ for about 10 minutes in greased pan. Put layer of mozarella cheese then broil til cheese melts.

The Lalondes'

Bobby and Carolyn met on a blind date in Toronto. Eleven months later they were married. They have two sons, Brent who is 4 and Courtney who is 15 months. Carolyn enjoys aerobic dancing, racquetball and sewing. During the off-season, Bobby is an avid golfer.





Elegant Crab Meat Balls

2 cans (6-7 oz. each) crab meat
1 cup fresh bread crumbs
3 tbsps. cooking sherry
1 tbsp. lemon juice
1 tbsp. grated onion
1 tsp. dry mustard
1/2 tsp. salt
pepper to taste
bacon slices (about 12),
cut in halves

Drain and flake crab meat, combine with remaining ingredients except bacon, mix well. Shape into walnut-size balls. Wrap with bacon; secure with toothpicks. Broil under medium heat until bacon is crisp, about 10 minutes, turning to brown evenly. Makes about 2 dozen.

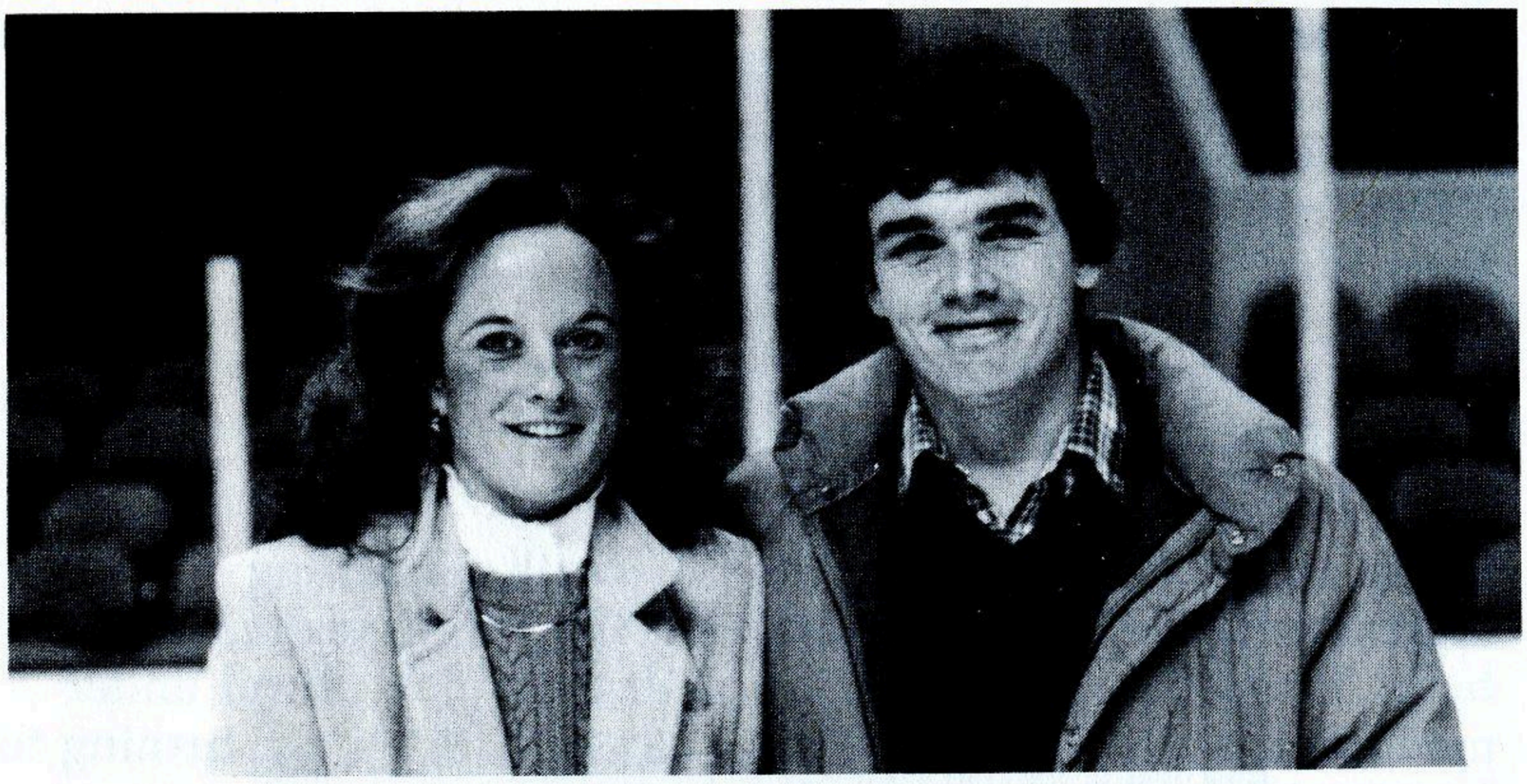
Pumpkin Tassies

1/2 cup butter or margarine
1-3 oz. cream cheese, softened
1 cup flour

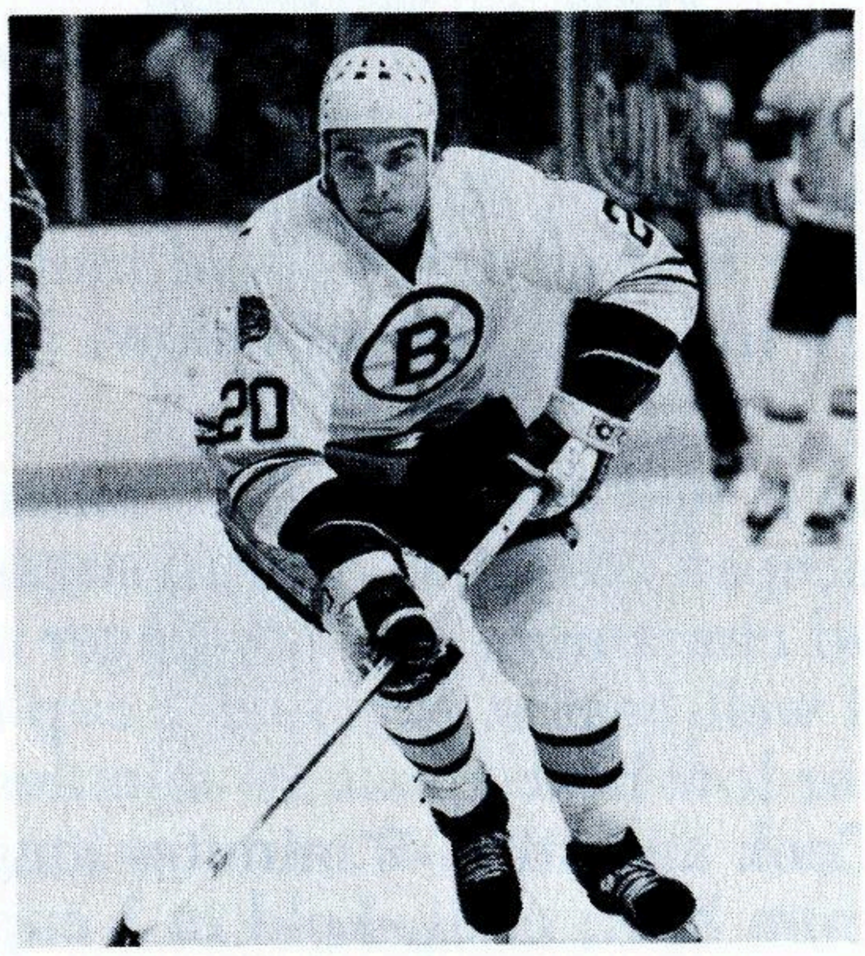
In a small bowl blend the butter or margarine and the softened cream cheese together; stir in flour. Cover, chill for 1 hour. Divide dough into 24 balls. Place into 1 3/4" muffin cups and press evenly against bottom and sides of muffin cups. Bake tart shells according to filling directions below. Makes 2 dozen.

Pumpkin Filling:
Bake tart shells in a 400° oven for 10-12 minutes. Cool in pans. In a medium saucepan combine 1/2 cup sugar and 1/4 teaspoon each: salt, ground cinnamon, ground ginger and ground nutmeg; stir in 3 well-beaten eggs and 1 cup canned pumpkin. Cook and stir over low heat about 12 minutes or till thick and nearly bubbly. Cook and stir 1-2 minutes longer. (Do not boil.). Remove from heat; chill. Fold in 1 cup of dessert topping, thawed. Spoon about 2 teaspoons filling into each shell. Chill thoroughly.

The O'Connells'



Michael and his wife, Rosemary, grew up in Cohasset, Mass. and attended high school together. They were married 3 years ago while Mike was with the Chicago Blackhawk organization. Mike was born in Chicago, but grew up in the Boston area. Rosemary is presently attending Boston College in efforts to attain her marketing degree. Michael enjoys golf during the off-season. They reside in Scituate.



Spinach Salad

Bag of spinach
hard boiled eggs
crisp bacon
mushrooms
red onion
croutons (if desired)

Dressing: (make day before)
1/2 cup sugar
1/2 cup ketchup
1/3 cup vinegar
2 tbsps. worcestershire sauce
1 medium onion, grated

Wash spinach, remove stems. Add bacon, mushrooms, red onion. Slice eggs and put in. Add croutons and dressing. Serves 8.

Maryland Oven-Baked Chicken

1 cup flour
salt and pepper
2 eggs
3 tbsps. water
6-8 slices of bread (put in blender to make bread crumbs)
boneless chicken

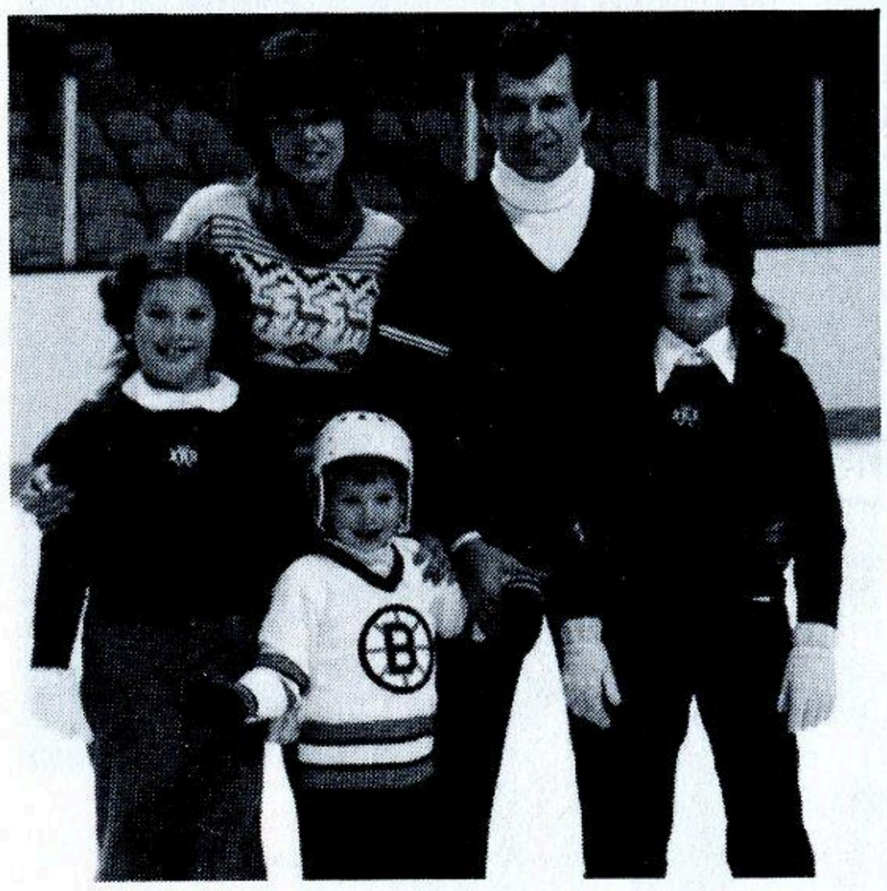
Take 1 cup flour and salt and pepper and put in a bag. Take boneless chicken - pound it down. Put flattened chicken into bag and shake (one by one). In a bowl, put both eggs and 3 tablespoons water - beat. Dip chicken into egg after it's coated with flour. Now take chicken and roll it into fresh bread crumbs. After each piece of chicken is coated with bread crumbs, place in a greased pan (9½" by 11"). Bake at 400° for 50 minutes. Melt 1 stick of butter on stove top. Pour generously over pieces of chicken. Easy to make and is nice with rice.

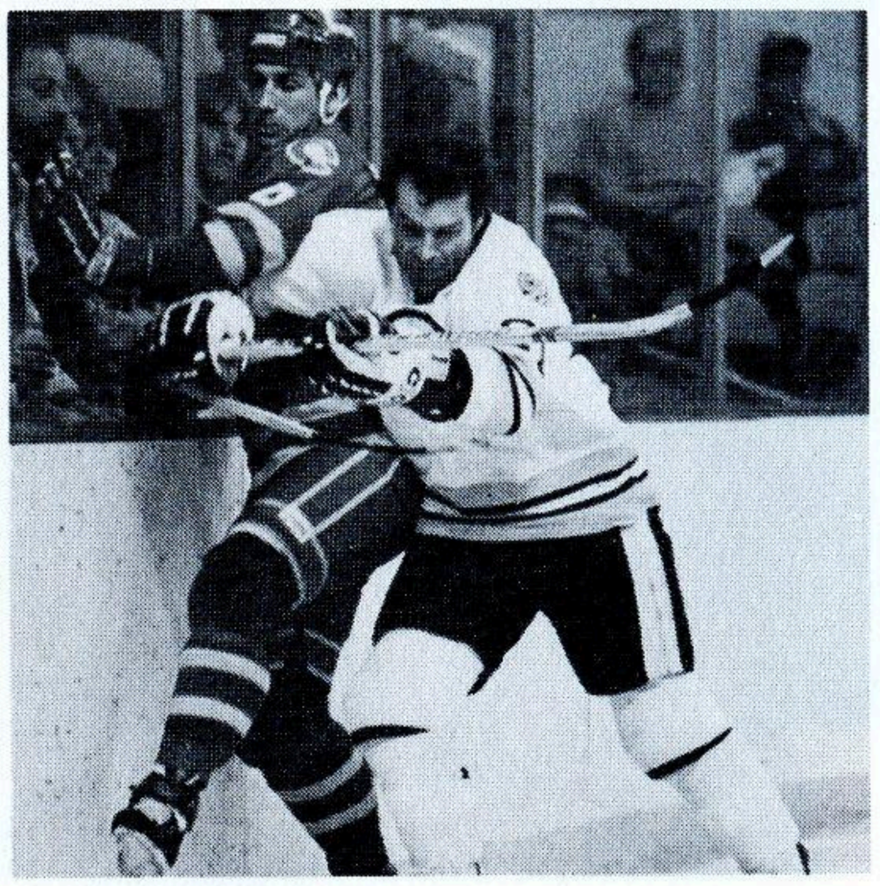
Mud Mountain Pie

1 chocolate pie crust
1 qt. coffee ice cream
1 pt. hot fudge
Cool Whip
walnuts

By chocolate pie crust in baking section of grocery store. Let the quart of coffee ice cream melt, so that it's easy to pour into pie crust. When it's smoothly in pie crust, freeze in freezer for 2 hours or so. When that is completely frozen, remove from freezer, and after hot fudge is cooled down, add hot fudge. Smooth over top of ice cream. Refreeze for several hours. Before serving, add Cool Whip and walnuts on top. Very easy to make - good for company.

The Marcottes'





We met in Niagara Falls while Don was playing Junior hockey. Don didn't speak English and I didn't speak French. Nevertheless, 2 1/2 years later we were married on Canada's Centenniel Birthday.

We recently bought a new home in Boxford which keeps me busy along with cooking and various crafts which I enjoy. We have 3 children, Jodi - 11, Nicole - 8, and Danny - 4. Jodi loves horses and all three like to skate and swim.

The off-season is relax time. Don enjoys golf almost as much as hockey and the whole family does plenty of swimming and biking and visits to Canada.

Cabbage Rolls

1 lb. ground pork
1 cup long grain cooking rice
1 head of cabbage
salt & pepper
1 egg
1 onion chopped - few slices of bacon chopped
garlic salt
tomato sauce or tomato juice

Saute onion & bacon. Cook rice as directed adding a beef cube to water. Mix rice with raw, pork, egg, onion & spices. Steam Cabbage. Pull off leaves as they soften. Keep first tough leaves aside. Cover bottom of pan with tomato juice. Place a spoonful of mixture on cabbage, roll and place in roaster. Layer. Pour sauce to just about cover cabbage rolls. Cover with first leaves and cover with lid. Bake slowly 300⁰ for 2-2 1/2 hours. Serve with sour cream. Can be frozen and reheated.

Chicken ala Sandra

3 whole chicken breasts skinned, boned and split
6 thin slices mozzarella or muenster cheese
6 slices ham
beaten eggs
bread crumbs
thick bechamel sauce (below)

Flatten chicken. Place cheese & ham on top. Spread bechamel sauce over ham and cheese. Dip chicken in eggs and crumbs. Coat generously. Place on waxed paper and refrigerate for at least 30 minutes. Fry in 1/2" of oil, bechamel side down first. Drain on paper towel. Arrange on cookie sheet and cover with foil. Keep in refrigerator. Reheat 350⁰ 20-25 minutes. Serve with medium bechamel sauce.

Great company entree because it can be made ahead.

Bechamel Sauce:
3 tbsps. butter
4 tbsps. flour
1 cup milk

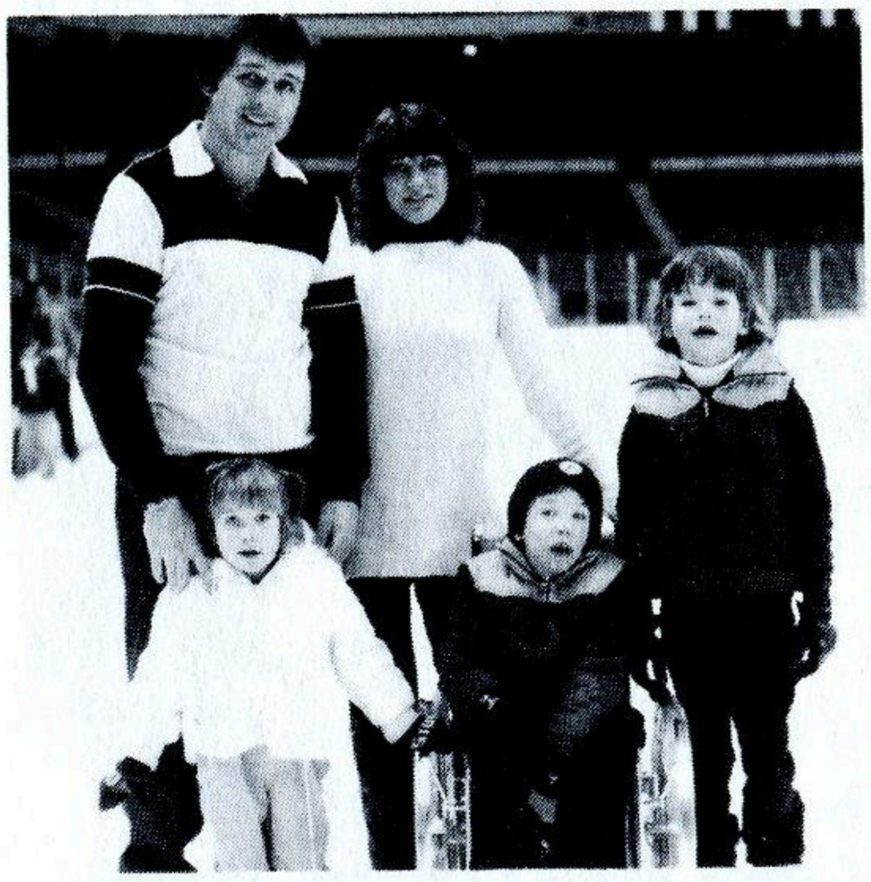
Melt butter and add flour, blend with whisk, slowly adding milk until thick and smooth. Serves 6.

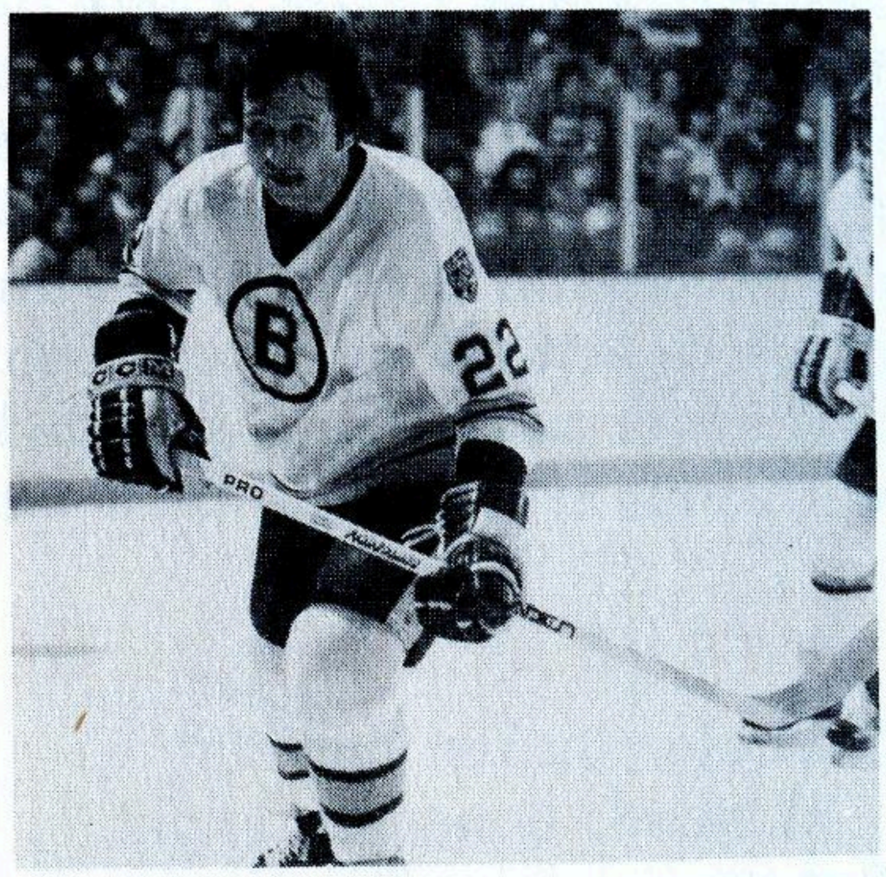
Banana Splits

2 cups graham crumbs
3 sticks butter
1 cup confectioners sugar
2 eggs
1 large crushed well drained pineapple
3 bananas
Cool Whip
crushed nuts and chopped cherries

Melt 1 stick of butter, add crumbs and spread in 9 x 13 pan. Bake 8 minutes at 350⁰. Whip 2 sticks butter, sugar and eggs together for 15 minutes until creamy. Add pineapples and spread over crumb mixture. Slice banana and lay over pineapple mixture. Spread Cool Whip over top. Sprinkle with nuts and cherries. Put in freezer. Easier cut frozen. Cut small and place in small paper cups. Makes about 50. Great for showers or fancy parties.

The Parks'





Brad and Gerry have known each other from childhood and have been married for 10 years. Gerry worked as a flight attendant in Canada when she was being courted by Brad. They have four beautiful children - Jamie 8, Robbie 7, Alexa 4, and Kelly 2 1/2 and are anxiously expecting another.

Life in the winter revolves around hockey between Brad and Jamie. Jamie plays in a night league in Lynnfield, Mass.

The Parks live year round just north of Boston and in the summer they enjoy barbequing, swimming and entertaining friends which is enjoyed by all.

Gerry is very handy with her hands, as she makes and sells macrame and is an excellent cook and a wonderful mother. Brad loves to golf in the off-season and does alot of work for the various charities around Boston. Truly a delightful family.

Broccoli Casserole

1 fresh broccoli
1 stick butter
1 can cream mushroom soup
1 cup mayo
2 beaten eggs
1 small onion, minced
1 cup grated cheese
(I use velveeta)
1 cup crushed cracker crumbs

Pan boil broccoli until just tender - drain. Mix remaining ingredients (using 1/2 of the cracker crumbs) and add to broccoli in casserole dish. Cover with remaining crumbs. Bake 1/2 hour at 350° uncovered.

Porcupine Meatballs

1 beaten egg
1-10 3/4 oz. can condensed
tomato soup
1/4 cup long grain rice
1 small onion chopped
1 tbsp. snipped parsley
1/2 tsp. salt
1/8 tsp. pepper
1 lb. ground beef
1 tsp. worcestershire sauce

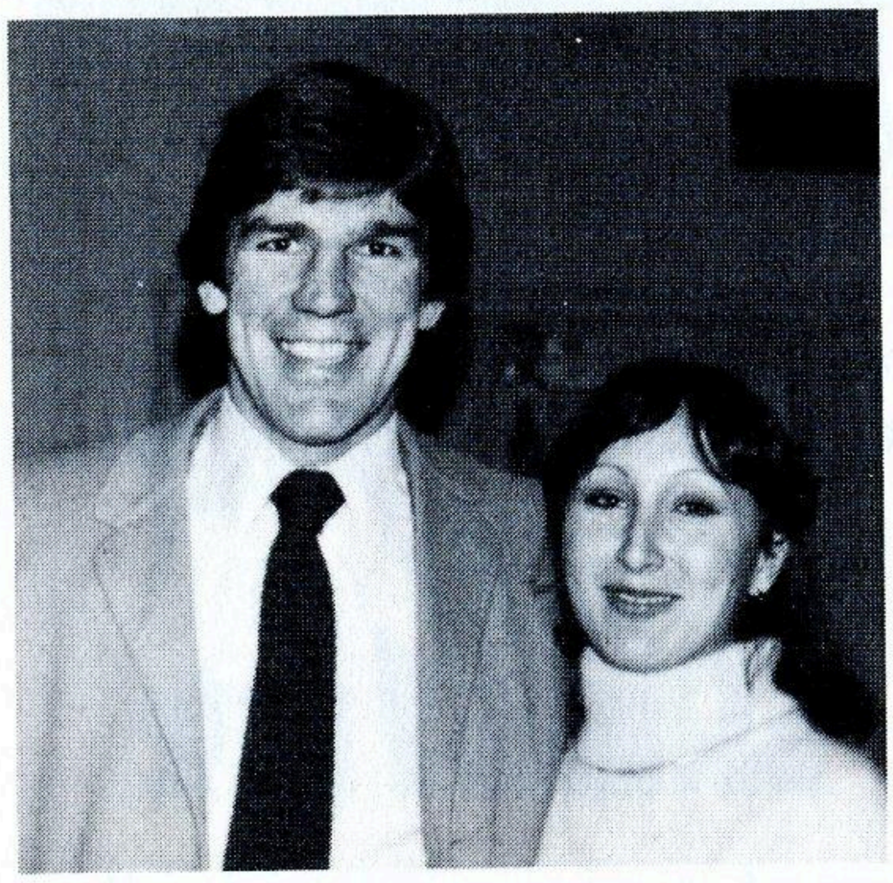
Combine egg and 1/4 cup of soup. Stir in uncooked rice, onion, parsley, salt and pepper. Add meat. Shape into approximately 20 balls. Place in 10 inch skillet. Mix remaining soup, worcestershire and 1/2 cup water and add to skillet. Bring to boil - reduce heat. Cover and simmer 35-40 minutes. Stir often.

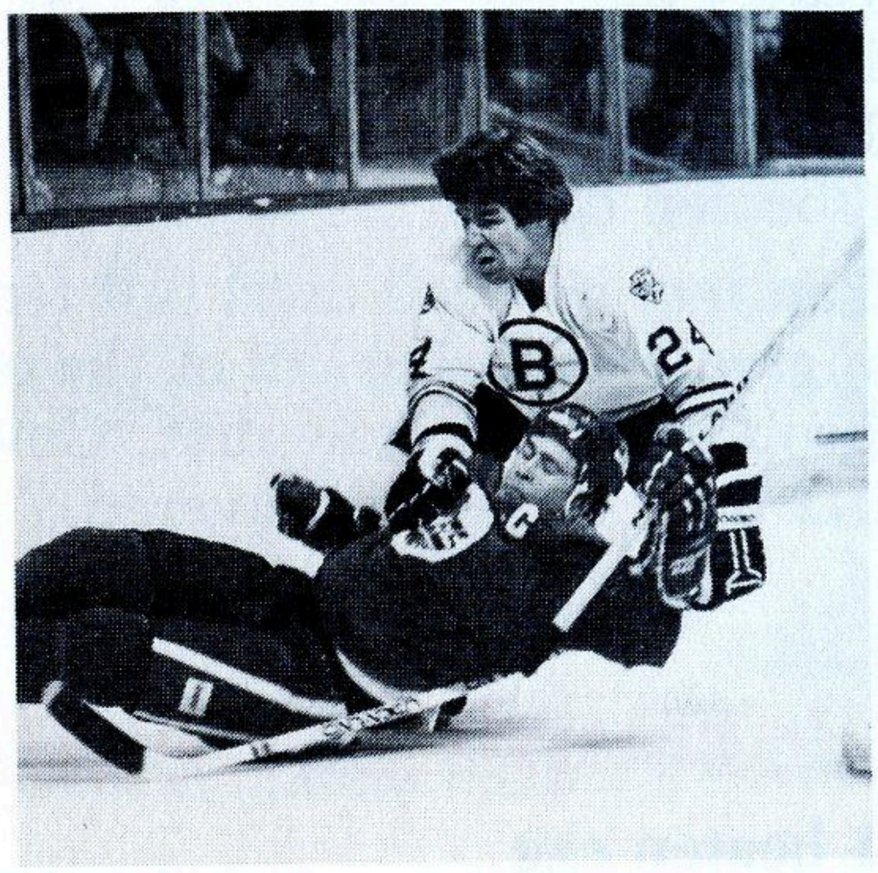
Swiss Steak in Foil

1 cup of ketchup
1/4 cup flour
2 lbs. round steak
large onion
green pepper

Salt and pepper steak. Mix ketchup and flour and spread half on aluminum foil - then put steak and top with remaining sauce. Add onion slices and sliced green pepper. Seal very tightly. I often wrap in double foil and bake 1 1/2 hours at 350°. Good to put in with baked potatoes.

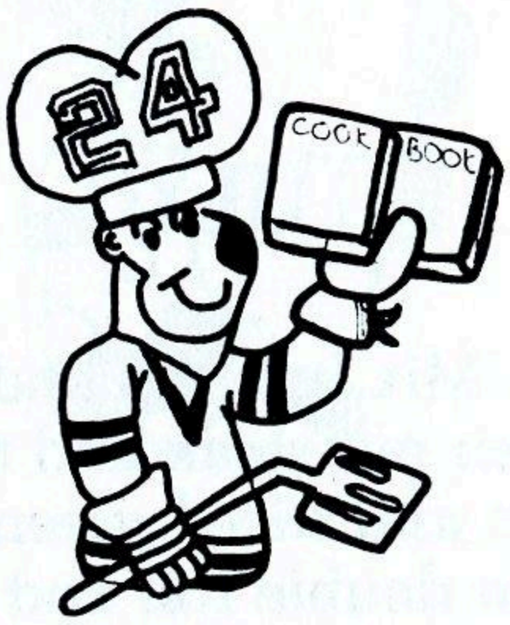
The O'Reillys'





Terry and Lourdes met in Boston where Lourdes was a flight attendant and Terry was with the Bruins. Lourdes grew up in Puerto Rico and speaks, spanish, german and english fluently. While Terry is from Oshawa, Ontario. They were married June 12, 1977 in Topsfield, Mass. and now reside north of Boston.

The O'Reillys' enjoy puttering with antiques and stain glass. They now have a son, Conor Michael O'Reilly 1 1/2 years old. Lourdes is an excellent cook of international recipes and enjoys aerobic dance, racquetball, crafts, reading and travelling. During the off-season they spend time at their summer cottage on a lake in Canada. Terry is very handy with his hands and can be found, landscaping, refinishing furniture, making stained-glass lamps or shower doors or just about anything of that nature. A very happy family.



Hot Clam Dip

1 stick butter
1/2 small chopped onion
1/2 small chopped green pepper
1/2 cup flour
2 cans minced clams
8 oz. monterey jack
parmesan cheese
sprinkling of bread crumbs

Melt 1 stick of butter, add onion and pepper and saute until soft. Sprinkle on 1/4 cup flour. Add 2 cans minced clams with juice from 1 can. Add 8 oz. of cheese and melt through. Top with bread crumbs & place in casserole and spread top with parmesan cheese (stop here and refrigerate if made ahead) heat at 350^0 until bubbly.

Crab Pate

1-10 3/4 oz. can cream of mushroom soup, undiluted
1 envelope unflavored gelatin
3 tbsps. cold water
3/4 cup mayonnaise
1-8 oz. cream cheese
1-6 1/2 oz. crabmeat, drained and flaked
1 small onion, chopped fine
1/2 cup finely chopped celery
parsley for decoration

Heat soup in medium saucepan over low heat, then remove from heat. Dissolve gelatin in water and add to soup and stir well, add next 5 ingredients and mix well. Spoon into well oiled 4 cup mold. Chill until firm and unmold and garnish.

Sweet and Smokey Chicken

chicken wings
1 large onion, sliced on bottom of long shallow pan
Hickory Liquid Smoke
salt and pepper

Mix together 1/2 cup ketchup, 1/2 cup maple syrup, 1/4 cup white vinegar and 2 tbsps. mustard. Pour over chicken and bake in oven for 1 hour uncovered, at 350^0. Sprinkle with Liquid Smoke before baking.

The Milburys'

Mike and Debbie Milbury met at Colgate University where they both majored in sociology. They were both active in a variety of varsity and intramural sports, an interest which has carried over into their family life today.

Mike is involved in the NHL Players Association and has considered participating in local government at the end of his hockey career. He enjoys reading, swimming and camping during the off-season.

Debbie has earned a masters degree in Elementary Education and she hopes to return to teaching when her own children are in school. For the present, she lists swimming, racquetball and playing the guitar as her hobbies. Debbie is also a Sunday school teacher and keeps busy as a church volunteer.

The Milburys have two boys, Owen age 4 and Luke age 2. They are expecting their third child in May.

Pasta Primavera

1/2 cup unsalted butter
1 medium onion, minced
1 large garlic clove, minced
1/2 lb. asparagus, ends trimmed, cut diagonally into 4" strips
1/2 pound mushrooms, thinly sliced
1 medium zucchini, cut into 1/4" rounds
2 carrots, halved lengthwise, cut diagonally into 1/8" slices
1 cup whipping cream
1/2 cup chicken stock
2 tsps. dired basil
1 cup frozen peas, thawed
1/4 lb. prosciutto or cooked ham, chopped
salt and pepper
1 pound fettucine or linguine, cooked and drained
1 cup freshly grated imported Parmesan
2 eggs (optional)

Heat deep skillet over medium-high heat. Add butter, onion and garlic and saute until onion is softened, about 2 minutes. Mix in asparagus, mushrooms, zucchini and carrots and stir-fry 2 minutes. Increase heat to high. Add cream, stock and basil and allow mixture to boil 3 minutes. Stir in peas and ham and cook 1 minute more. Salt and pepper. In large serving bowl toss pasta, cheese, vegetable mixture and eggs.

Blueberry Bunkle

1/4 cup margarine
3/4 cup sugar
1 egg
2 cups sifted all-purpose flour
2 tsps. baking powder
1/2 tsp. salt
1/2 cup milk
2 cups fresh blueberries, washed

Cream butter, add sugar and beat until light. Add egg and beat well. Add sifted dry ingredients alternately with mild, beating until smooth. Fold in berries. Pour in greased tube pan. Sprinkle with crumb topping. Bake in preheated oven at 375^0 for 50 minutes.

Crumb topping:
Blend 1/4 cup softened butter, 1/2 cup sugar, 1/3 cup flour and 1/2 tsp. cinnamon.

The Fosters'

Dwight and Mary-ann were introduced to each other by friends at a fair in Kitchener, Ontario where Dwight played his junior hockey. It was only two weeks before Dwight left for training camp in September 1977, that they met. Most of their dating was by telephone, but then on June 9, 1979 they were married.

They now live in North Andover, Mass. and in the off-season Dwight and Mary-ann play golf and raquetball together. They also enjoy gardening around the house.

Although their home is in Massachusetts, during the summer they visit their parents and family. While at home visiting, Dwight works at and checks on his three automotive shops in Kitchener, Ontario. Their biggest day will be in May when they will have their first child.

Corn Pudding

Very good with a custardy bottom. A salad would make it a complete lunch or supper. It's nice too with maple syrup poured over it.

2 cups corn - fresh or canned
1 tsp. salt
2 eggs, beaten
2 tbsp. butter, melted
1 tbsp. sugar
1 tbsp. flour
1 cup milk
pepper to taste

To the corn add salt, sugar, flour and melted butter, then eggs and milk beaten together. Pour into a greased baking dish and bake at 350° for 35 minutes.

Carrot Cake

2 cups sugar
2 cups flour
3 cups finely shredded carrots
2 tsp. baking soda
1 cup chopped nuts
1 1/4 cups vegetable oil
4 whole eggs
2 tsp. cinnamon
pinch of salt
2 tsp. vanilla

Mix dry ingredients together. Blend in oil, add eggs and carrots, then vanilla. Blend well and bake in 8" layer pan at 350° for 35 minutes.

Icing:
8 ounces cream cheese
1/2 cup butter
1 pound icing sugar
1 tsp. vanilla
1 tsp. orange juice

Blend cheese and butter, slowly add sugar, vanilla, orange juice. Ice only after cake is completely cold.

Date Squares

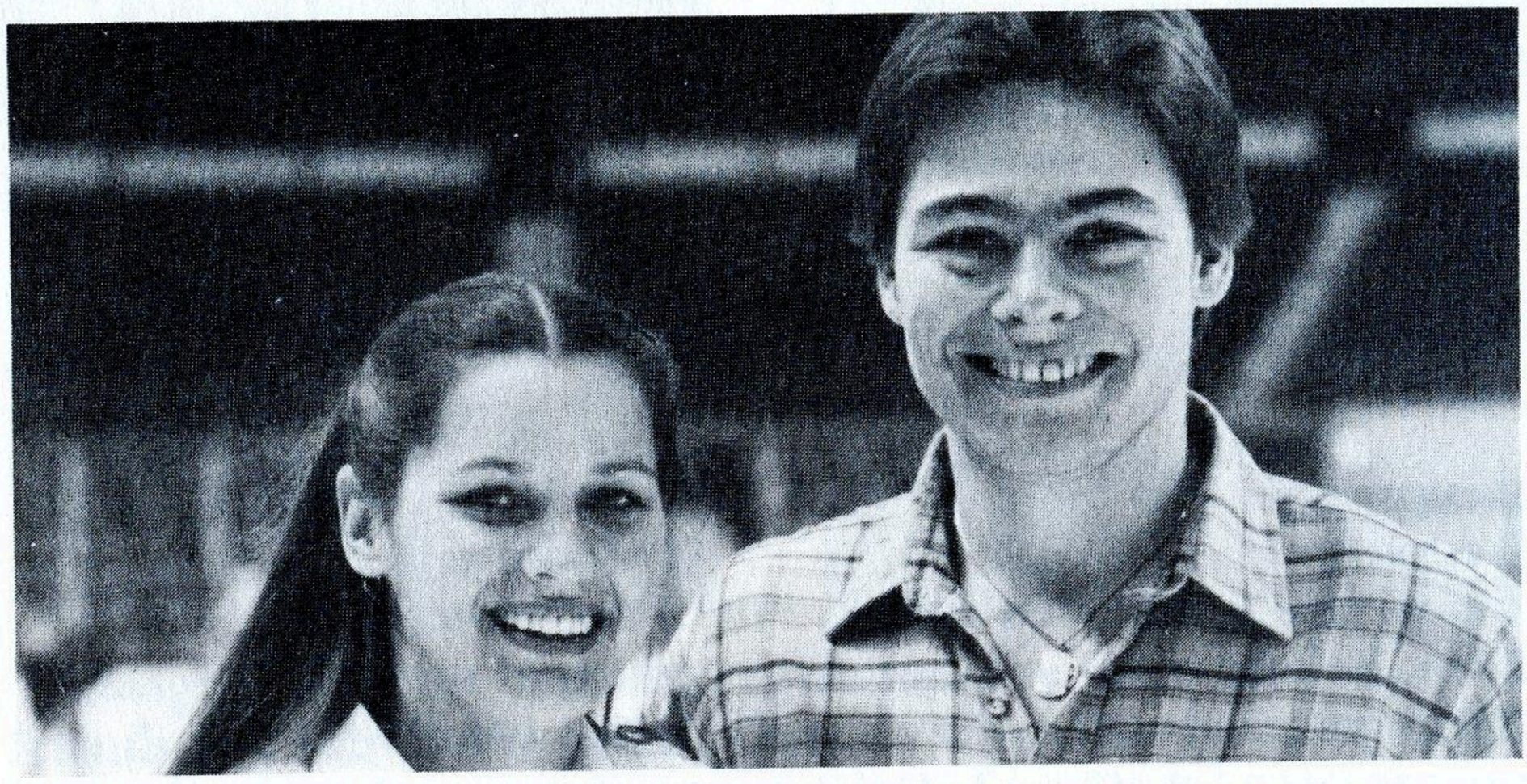
1 1/2 cups rolled oats
1 1/2 cups flour
1 tsp. baking soda
1/4 tsp. salt
1 cup brown sugar
1 cup butter
1/4 cup chopped walnuts (optional)

Cream butter and sugar; add flour and baking soda sifted together, then oats. Put half the crumbly mixture into the bottom of a greased square pan, spread the date filling over it and cover with remaining oats mixture. Bake in a 350° oven for about 45 minutes.

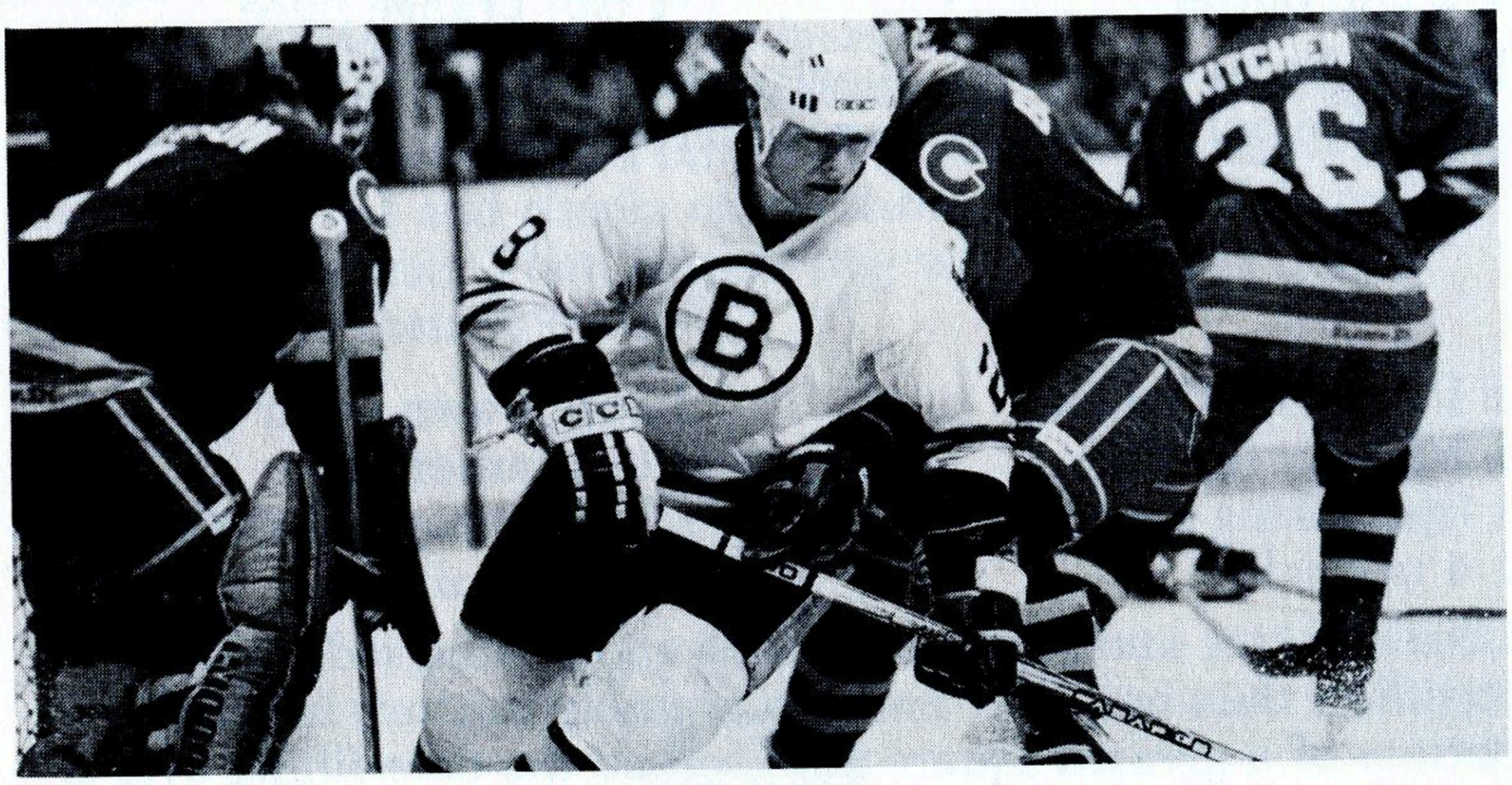
Date Filling:
1 lb. dates, stoned and cut up
1/2 cup sugar (or 1 cup)
1 cup water
1 tsp. vanilla

To the dates add water and sugar; cook until soft but not dry. Cool, add vanilla and spread over the crumb mixture.

The McCrimmons'



Brad and Karen met while he was playing Junior Hockey in Brandon, Manitoba. They got married after Brad's first year with the Bruins. This past summer they had completed their summer home on a lake in Saskatchewan. Both enjoy water skiing, swimming and simply relaxing.



Perogies

Dough:
2 cups flour
dash of salt
1 cup lukewarm water or milk

Mix well. Knead dough with slightly oiled hands.

Filling:
2 pounds potatoes
1/2 pound chedder cheese
1/2 pound butter
1 medium onion chopped

Boil and mash potatoes. Add grated cheese. Simmer butter and onions til transparent. Add 4 tablespoons of butter and onions to potatoes. Roll out dough, cut out 2" circles. Place 1 tablespoon filling in each circle, fold and pinch edges tightly. Place in rapidly boiling water, to which 2 tablespoons oil has been added. Boil till Perogies rise to the top. Place in roaster and pour remaining butter and onions over top.

Vegetable Dip

Beat:
1 8 oz. package Philadelphia cream cheese
1 can tomato soup

Add:
1/2 cup Miracle Whip
1 package lemon jello
2 tbsp. lemon juice

Refrigerate 8 hours.

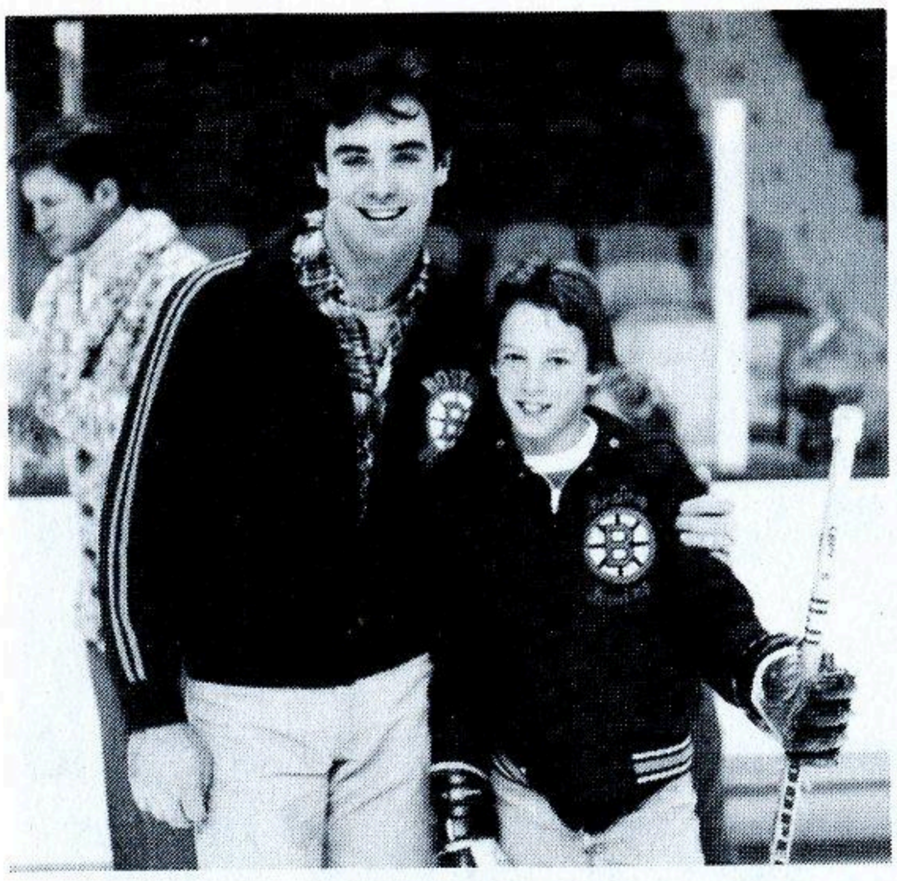
Suggested vegetables to dip: cauliflower, celery, broccoli, carrots, zucchini.

Butter Tarts

1 cup brown sugar
1 egg (well beaten)
2 tbsps. milk
1 tsp. vanilla
1 cup raisins

Fill uncooked tart shells 1/2 full. Heat oven to 450°, cook 8 minutes. Reduce heat to 350° for 7-8 minutes more. Yields 2 dozen small tarts.

Jim Craig



Jim Craig was born May 31, 1957 in North Easton, Mass. He was a 4 year starter at Oliver Ames High School and brought his team to four league titles. He was an all star in High School for 3 years.

Jim then played in goal for Boston University and was named to the All American Team in College in 78-79. In 1978 Jim led the B.U. team to an N.C.A.A. Championship.

Jim played for the U.S. hockey team in Moscow in 1979 and was the goalie for the U.S. Olympic team at Lake Placid in 1980 where they won a gold medal. Jim was the 1st Olympic team member to sign a professional contract. He was the 4th round pick by Atlanta and then was traded to the Boston Bruins in 1980.

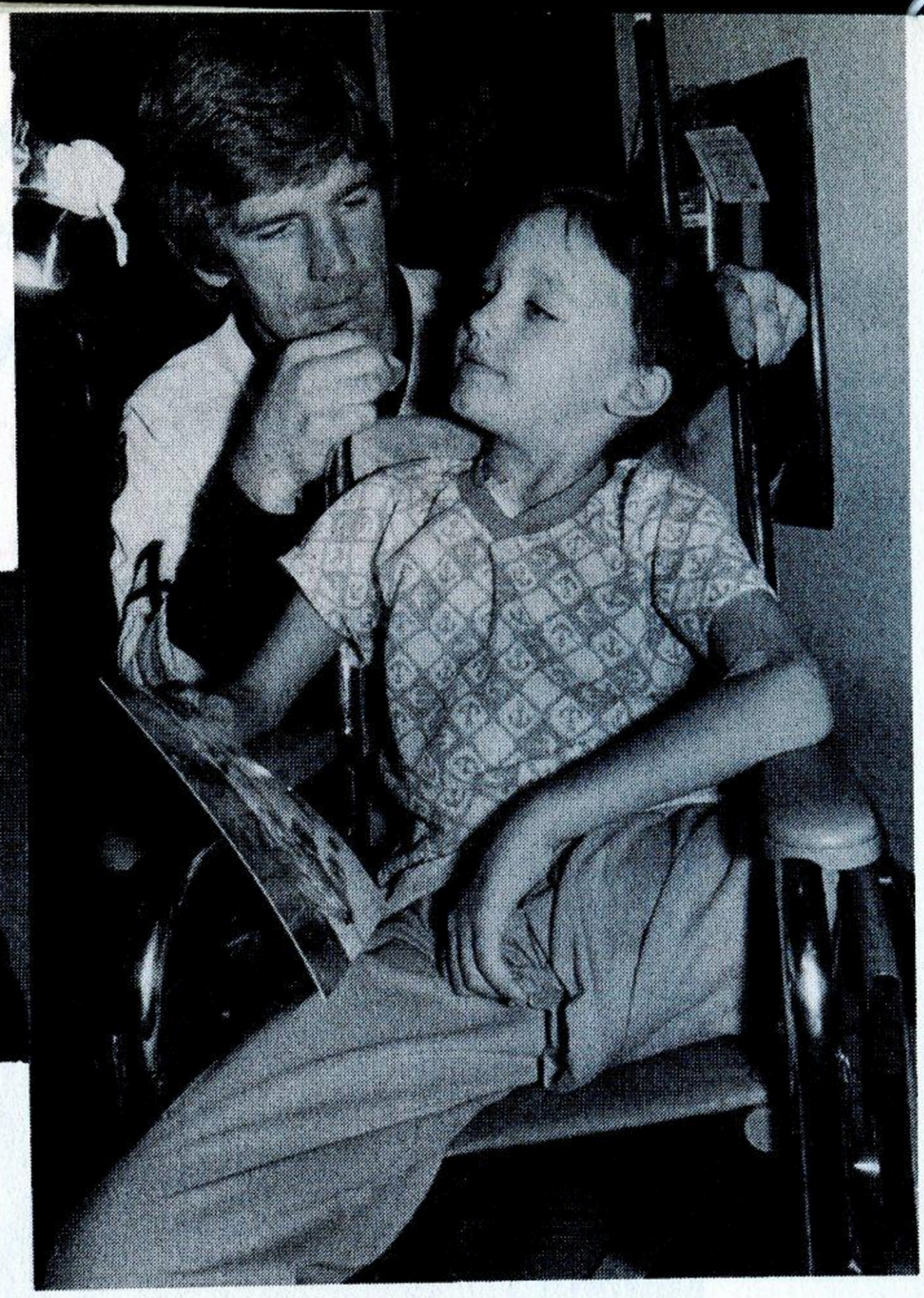
Jim is a very eligible bachelor and loves to dine and frequent his favorite restaurant in Boston - which is Gatsbys.

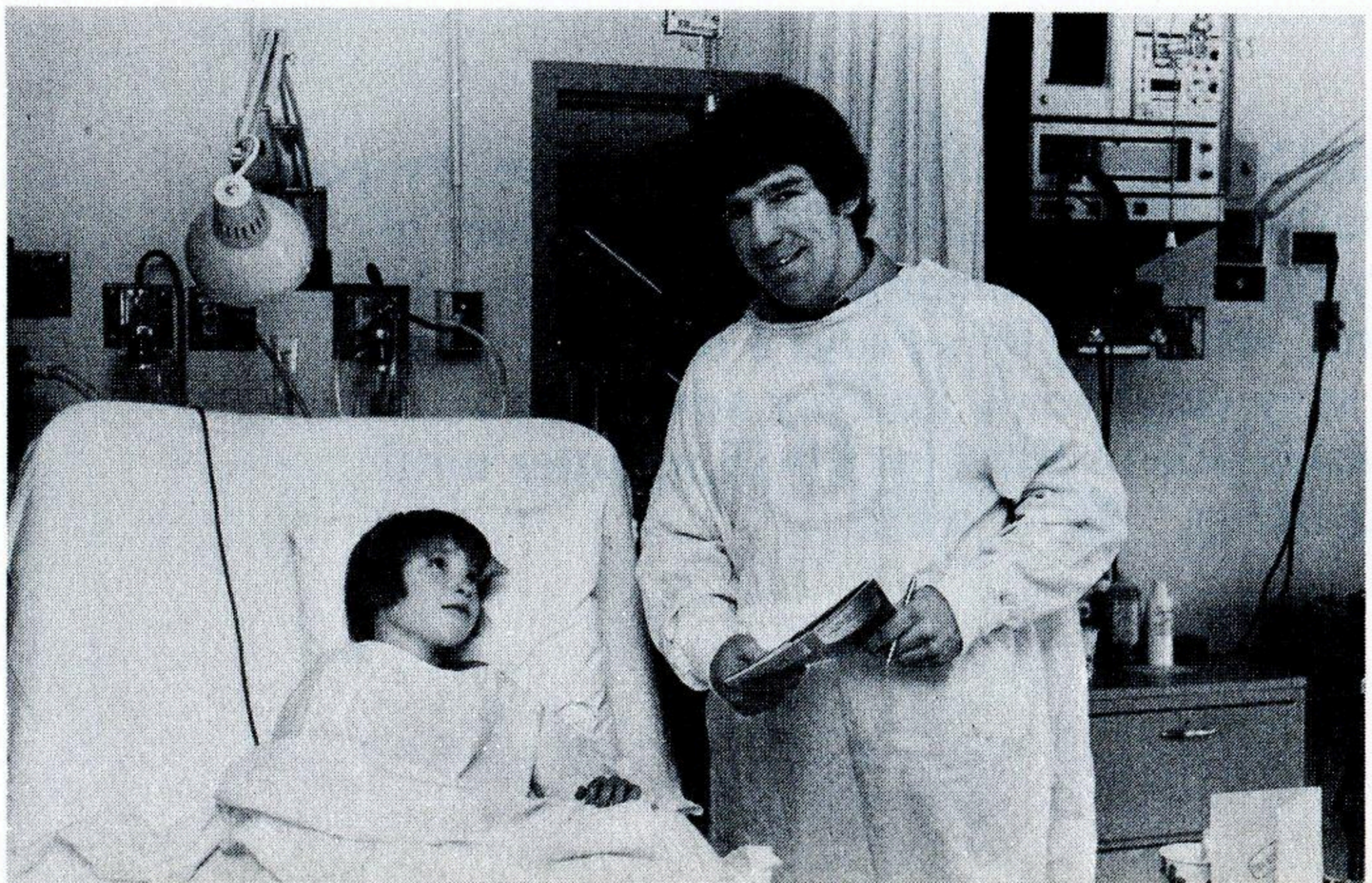
Craig McTavish

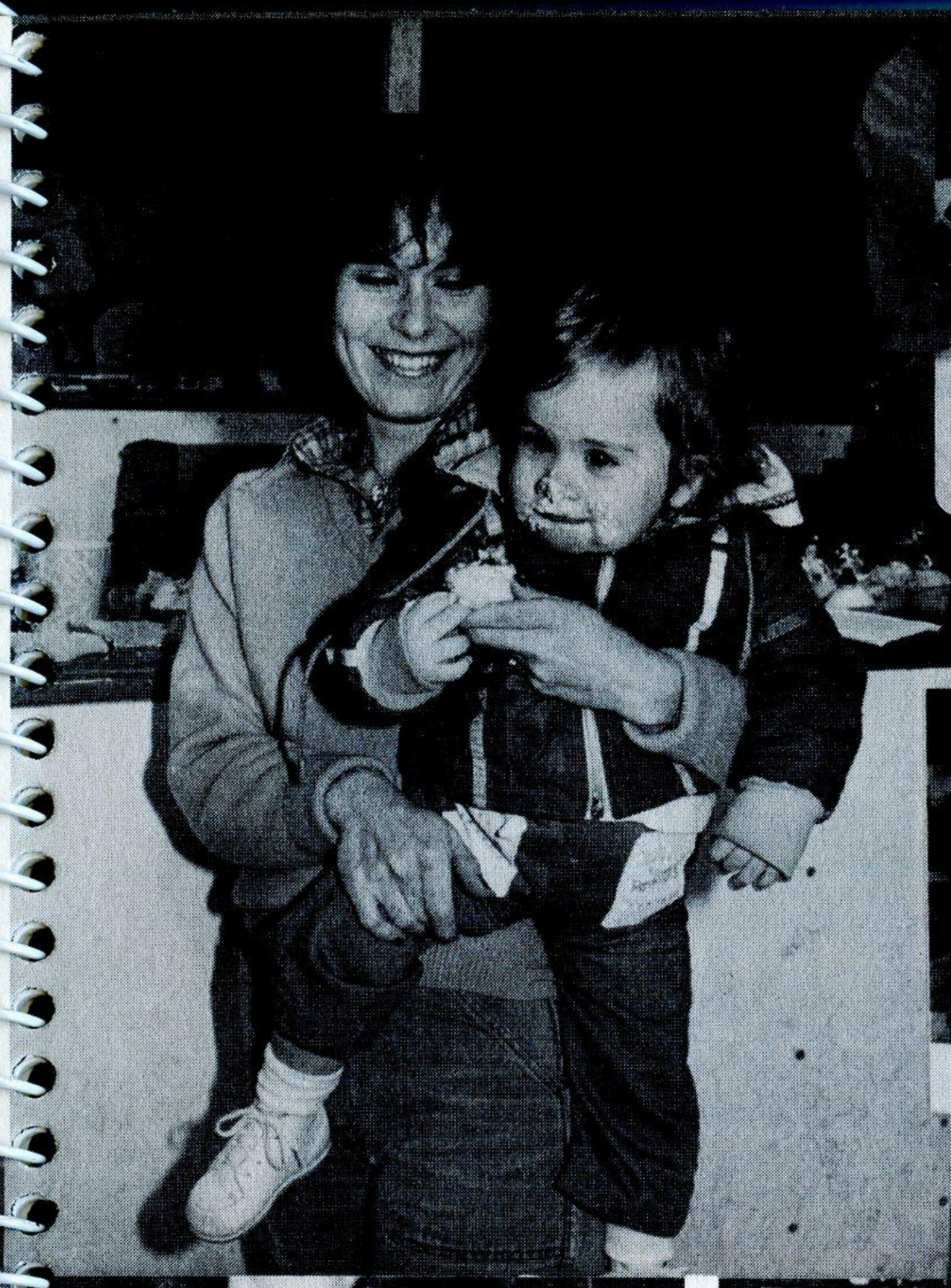
Age: 22 — August 15th, 1958
Birthplace: London, Ontario
Hobbies: fishing, boating
Previous team: Lowell Tech
Type of girl: anybody available!

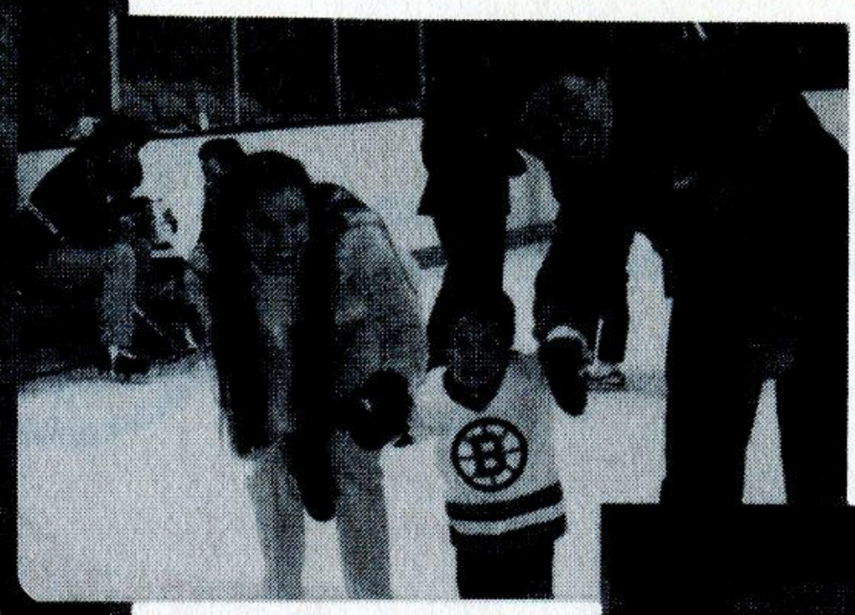
Fried Bluefish

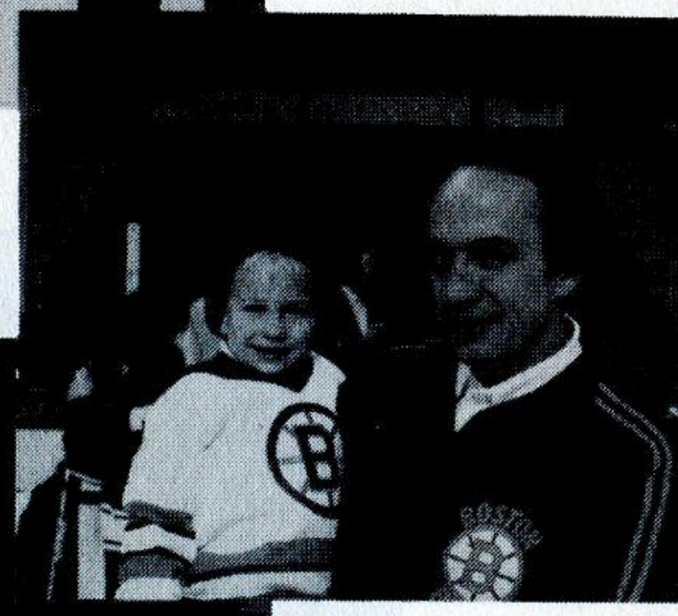
Grease a pan with Crisco at a moderate temperature. Prepare your fillets in a batter of flour mixed with any mixture of spices. One of my favourites is mixing the flour with a bit of onion salt, oregano, salt and pepper and a dash of Italian seasoning. It is a very easy recipe and my advice is to experiment. Fry each side of fillet for 10-15 minutes until brown, or to your liking.

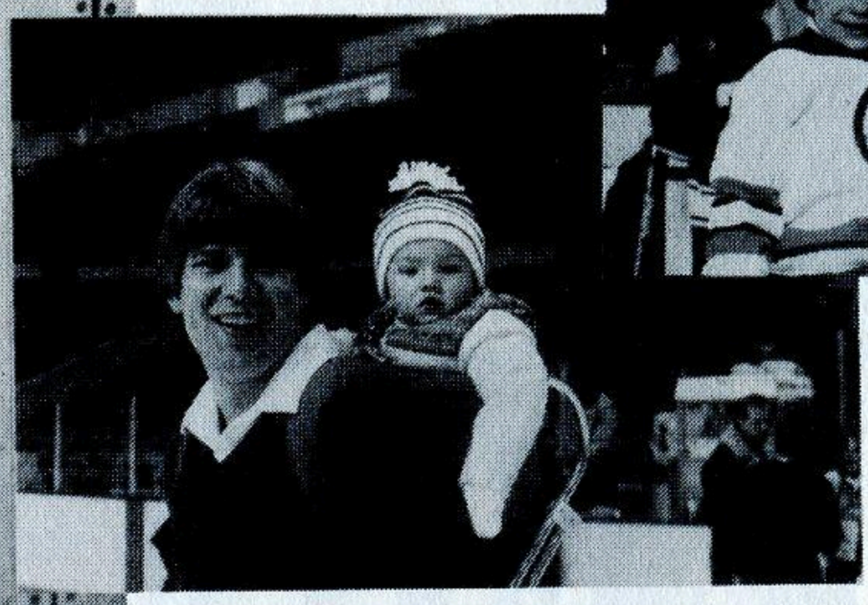


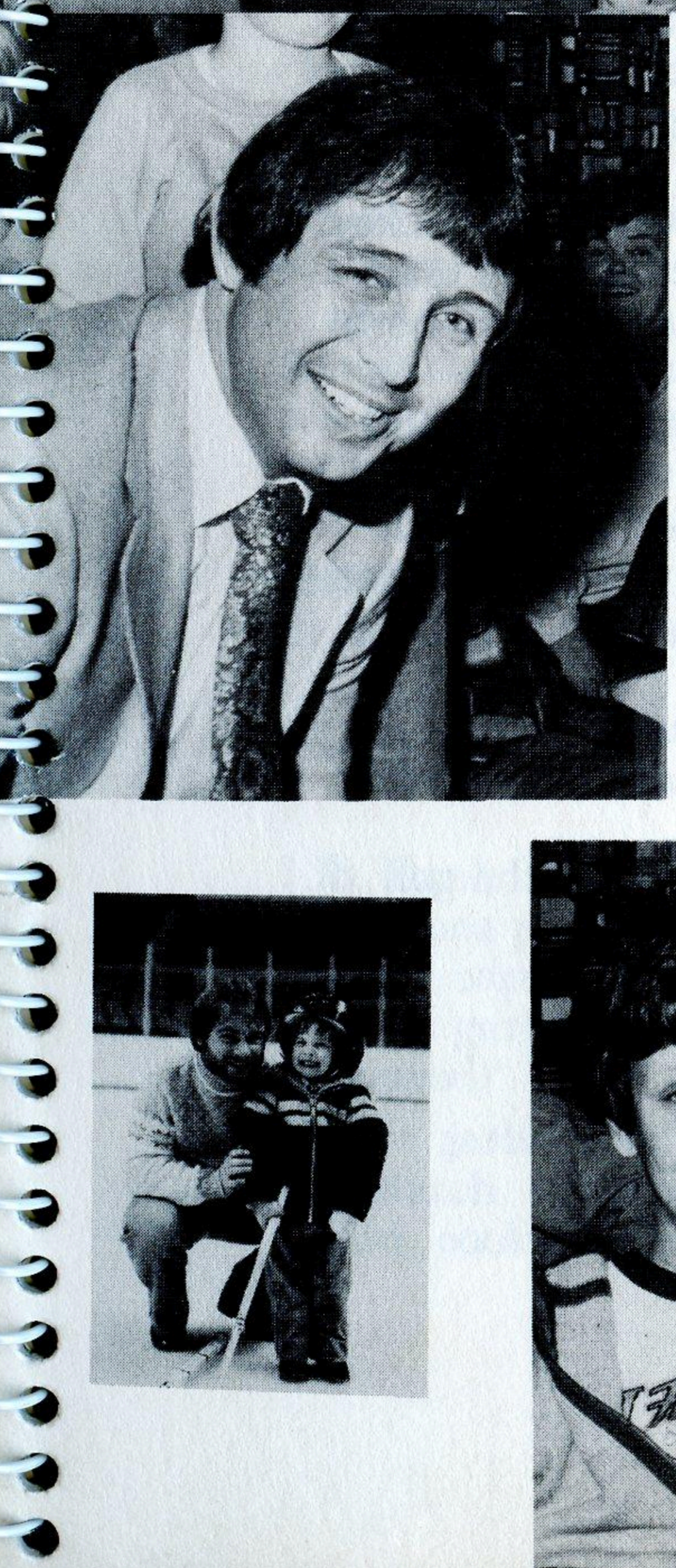






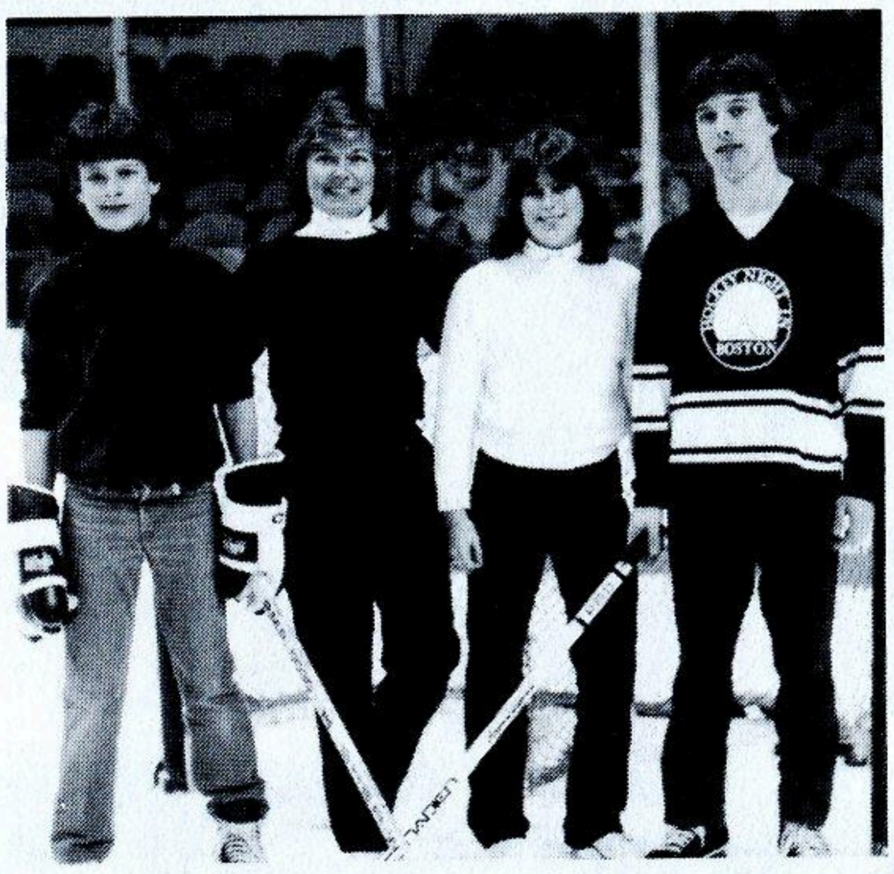






Finally

The Cheevers'



Gerry and Betty were childhood sweethearts in their hometown of St. Catharines, Ontario. Betty taught high school English until the birth of their first son, Craig. She remained home to raise their next two children, Sherril and Robbie.

Both Craig 16, and Rob 12, are actively involved in hockey. Craig, a center, is a junior on North Andover's Varsity team and Rob plays on his town's Pee Wee travel team. They both are excellent golfers as well.

Sherril 14, takes horseback riding lessons, loves music and gymnastics as well.

Betty keeps busy chauffering the children to their various activities. She loves reading, music, cooking, tennis and come the spring you will find her on the golf course. She is a member of her club golf state team.

Gerry's second love is horses. He has built up a very successful stable of thoroughbred race horses and would one day like to be a trainer.

In the off-season Gerry relaxes at the track or on the golf course.

Stove Top Cabbage Rolls

Mix:
1 lb. ground beef
1 lb. ground pork
1 lg. onion, diced
1 egg
1 cup rice (rinse) Uncle Ben's
paprika, salt, pepper

1 large tomato juice (48 oz.)
1 head cabbage

Pre-cook cabbage 2-3 minutes in boiling water. Separate leaves and fill with meat mixture. Line pot with large leaves. Stuff one green pepper and put in centre of pot. Arrange stuffed cabbages around it. Pour whole tomato juice over. Bring to a boil, lower heat and cook 3 hours.

Cheese Ball

2-8 oz. cream cheese
8 1/2 oz. pineapple, crushed
and drained
2 cups chopped pecans
1/4 cup green pepper
4 tbsps. onion, chopped
1 tbsp. seasoned salt

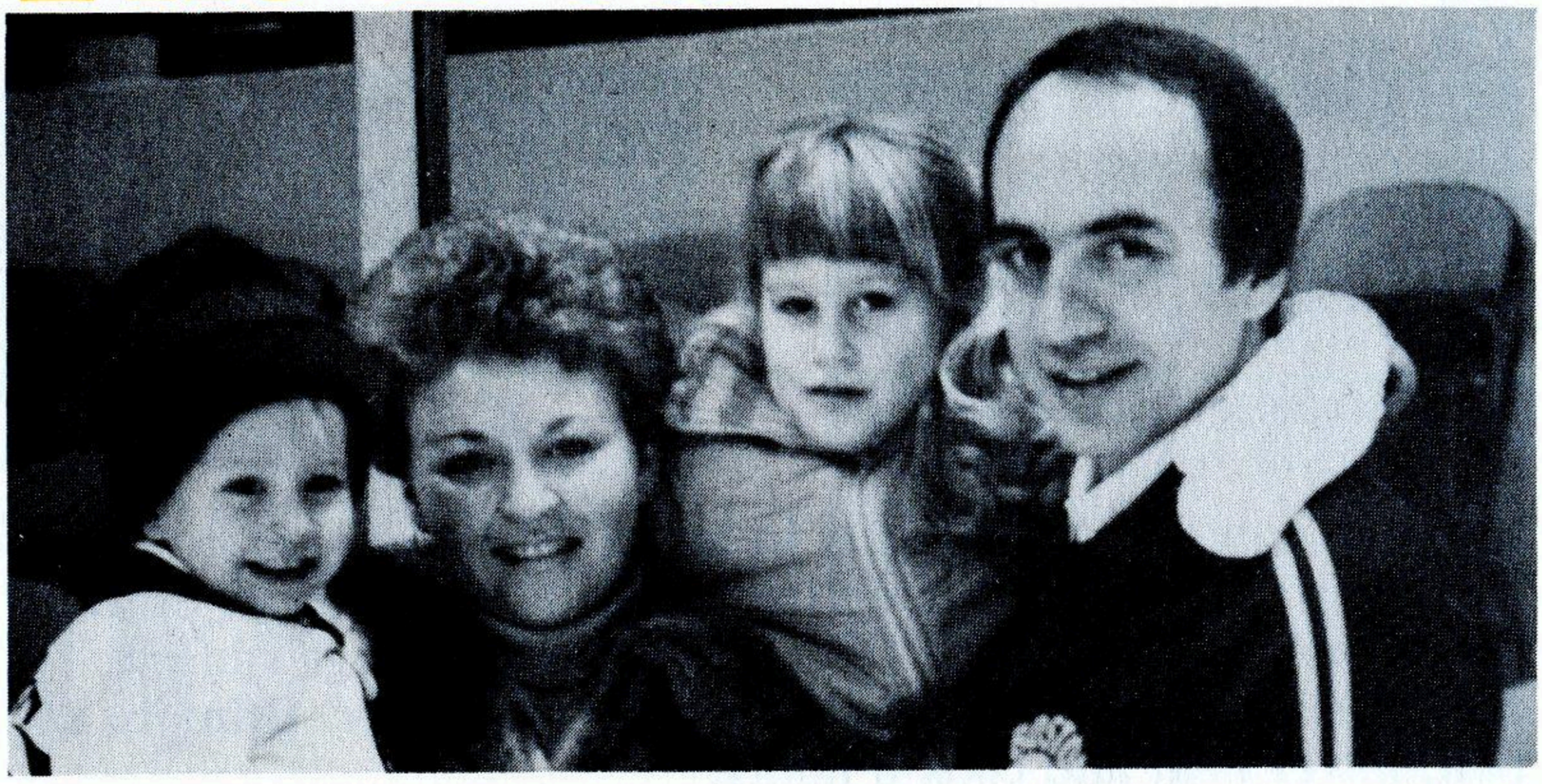
Mix thoroughly, shape into ball, decorate with pecans. Wrap in foil and refrigerate over night.

Beef and Pea Pods

1 lb. flank steak (cut in strips)
1 pkg. pea pods
2 tbsps. corn oil
3 cloves garlic (3 x 1/4 tsp. minced)
6 tbsps. soy sauce
3 tbsps. corn starch
1 tbsps. sugar
1 1/2 cups beef bouillon

Brown garlic in oil. Discard garlic. Add Steak. Brown. Mix cornstarch, soy sauce, sugar, bouillon and 1 clove garlic. Stir in liquid, cook til thickened. Add pea pods just before serving.

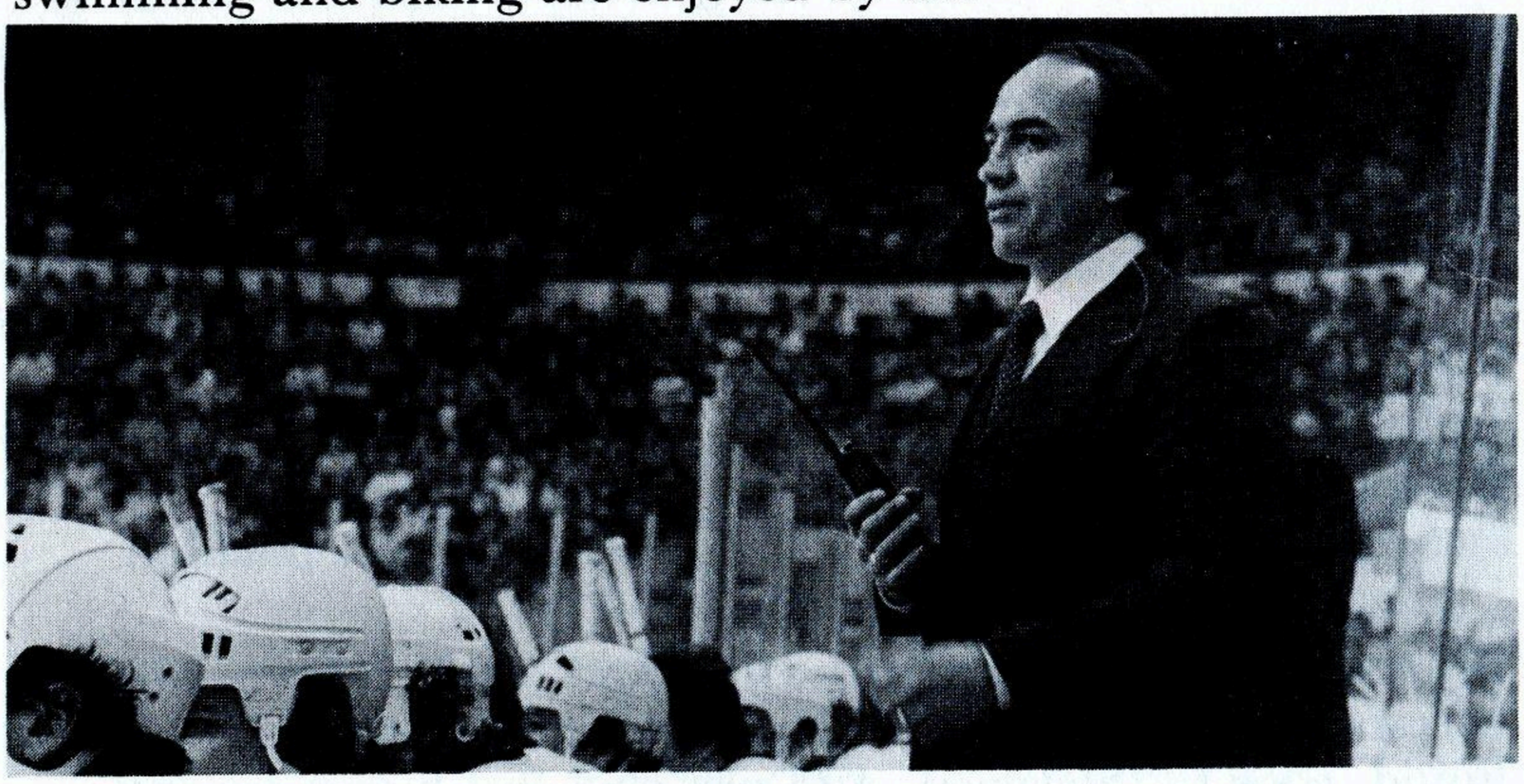
The Doaks'



Judy & Gary are from the same town in Goderick, Ontario. They began dating while Gary was playing Junior A hockey in Hamilton, Ontario. They were married in June 1969.

Their first year of marriage was spent in Boston, but the next 4 years took them to Vancouver, New York, Detroit and then back to Boston where they have now settled.

They have two beautiful children, Jennifer 6 and Ryan 2½. Judy keeps busy looking after her lovely home and children, she also enjoys reading, crafts, cards and nuturing her houseplants. Gary enjoys tennis & golf in the off-season and swimming and biking are enjoyed by all.



Chicken and Rice

1 stick (1/4 lb.) butter
2 cups long grain rice, uncooked
1 envelope onion soup mix
(Liptons)
1-1 1/2 cans Campbells
Golden Mushroom Soup
6-8 pieces skinned chicken
water, salt and pepper

Melt 1 stick butter in casserole dish. Sprinkle 2 cups rice over butter. Sprinkle 1 envelope onion soup over rice. Place chicken over rice mixture and coat with soup. Add 1/2 can water over mixture - salt and pepper. Cook 350⁰ for 1-1 1/2 hours with a lid on. Rice may need extra water to cook completely.

Chipped Beef Spread

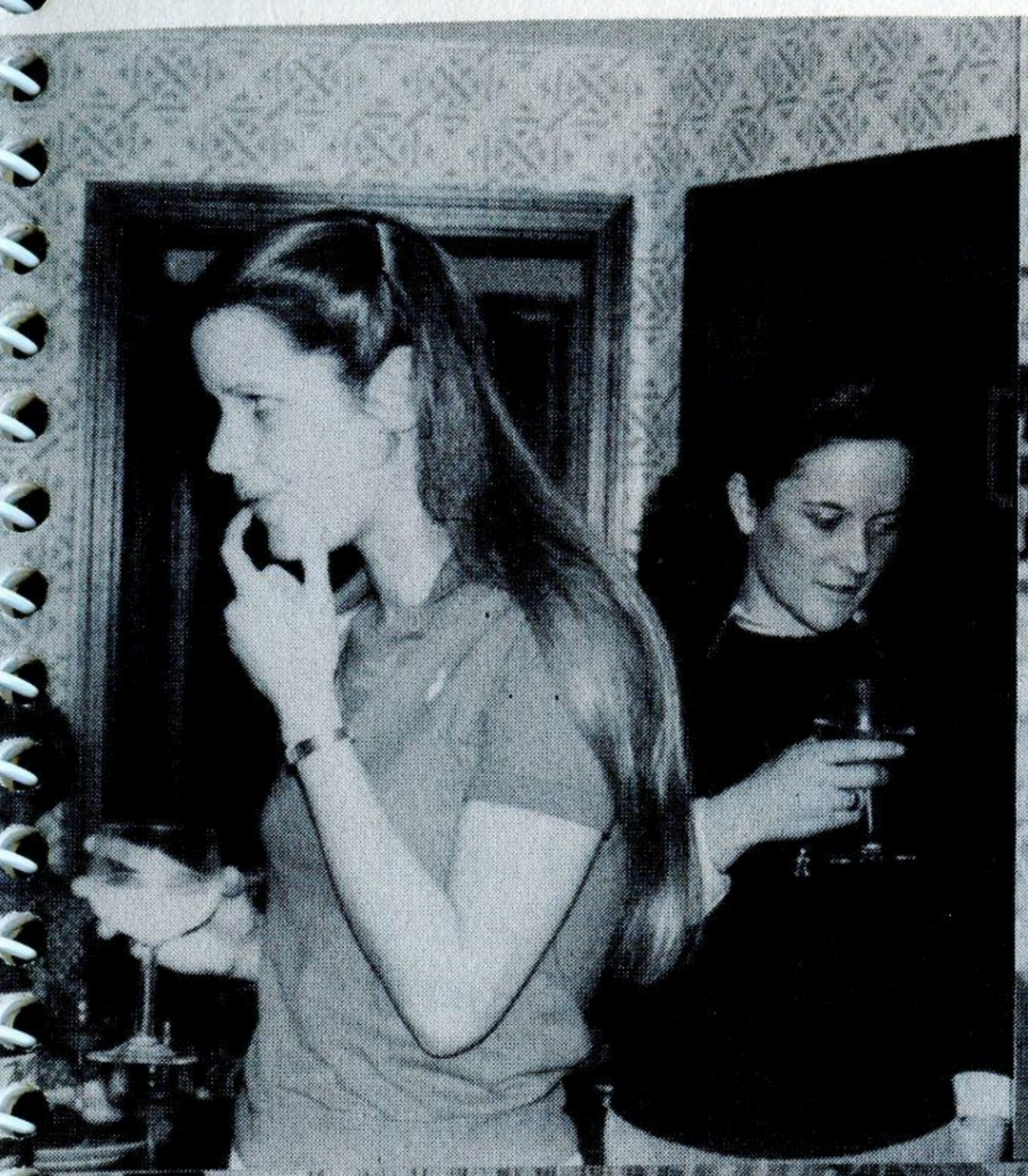
Soften 2 tsps. instant minced onion in 2 tbsps. sherry (dry white). Blend 11-16 oz. cream cheese with 3 tbsps. miracle whip and add onion. Add 3 packages smoked sliced beef. (scissored). Add 1/4 cup chopped pimento olives. Chill and serve with small rye bread.

Apple Crisp

6 medium size apples
1/2 cup white sugar
little cinnamon
1/4 cup butter
1/2 cup flour
3/4 cup brown sugar

Peel and slice apples into buttered baking dish. Sprinkle with white sugar and cinnamon. Combine butter, flour, brown sugar and spread on top. Bake in moderate oven 30 minutes. Serve with vanilla ice cream.

BRUINS WIVES...



TESTING RECIPES!

The Mooneys'

Paul and Cherie Mooney were introduced by Cherie's best friend. After a courtship of six (6) months, they were married in Wilmington, Delaware and spent their honeymoon in Miami, Florida.

The Mooneys have four (4) daughters, Marjorie, Robin, Cherie and Jennifer, and a black labrador, Bruin who considers himself the head of the household.

Cherie enjoys cooking and continually trying new recipes. The following are favorites of the entire family.

Garlic Spareribs with Honey Sauce

2 lbs. lean pork spareribs in
2 inch lengths
1 tsp. salt
1 tsp. fresh ground pepper
2 tsp. garlic salt
1 med. onion — red or white
2 tbsps. cooking oil
1 whole garlic clove
1 1/2 cup firmly packed
dark brown sugar
1 cup honey

Place ribs in deep kettle; cover with water. Add salt, pepper and onion (quartered). Bring to boil. Simmer for 35 minutes.

Remove ribs from water; place on broiler pan. Sprinkle with garlic salt. Place in oven at 475° for 20 minutes. turning frequently.

While ribs cook, prepare sauce.

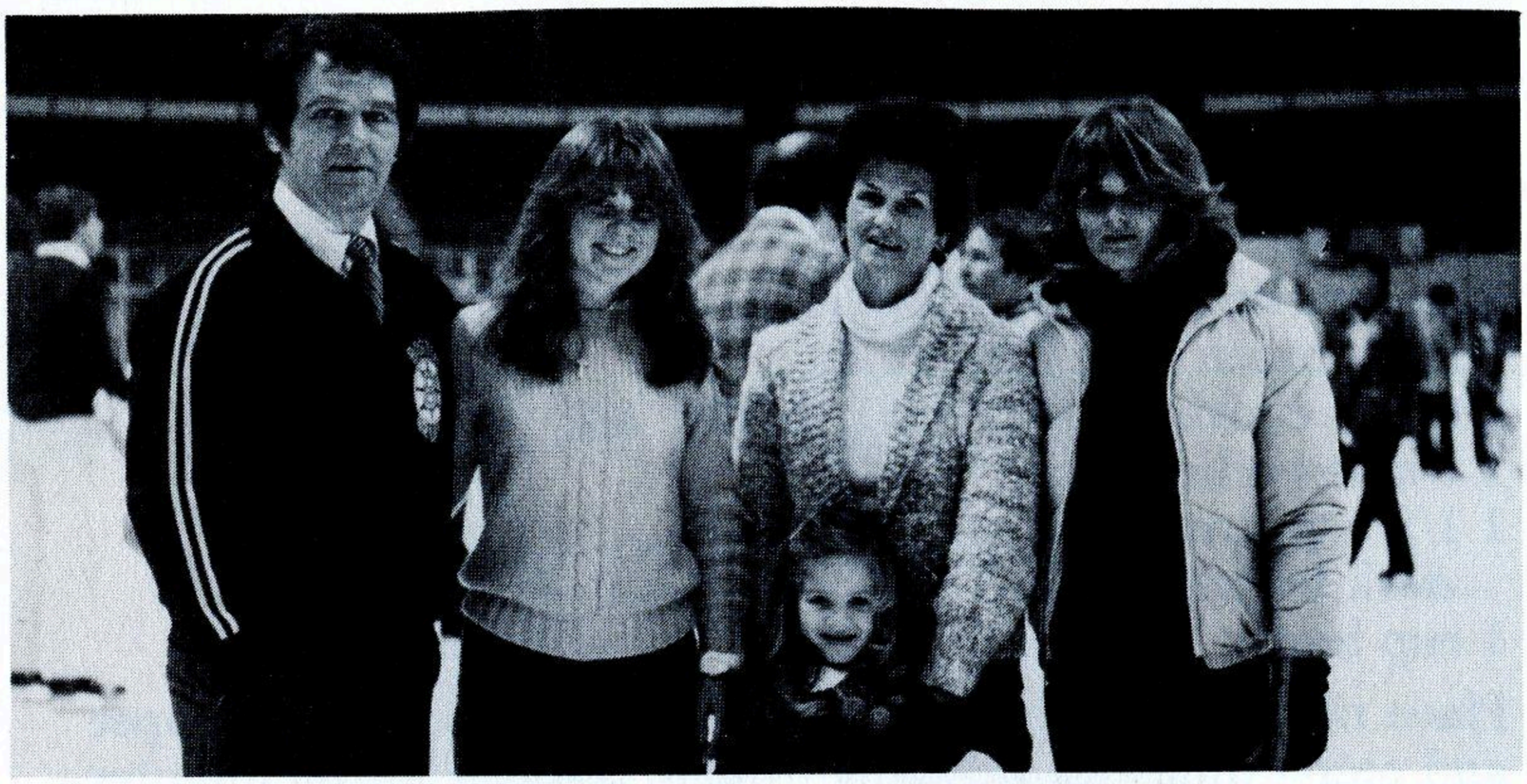
Place oil in heavy skillet; add chopped garlic clove. When oil is very hot, add brown sugar and honey. Stir until sugar dissolves. Simmer for about 10 minutes. Separate ribs, add to honey sauce and serve.

Southern Fried Cake

1 frying chicken (cut up)
about 2 or 3 lbs.
1/2 cup Sunlite or Crisco Oil
1/2 cup butter
1 tsp. salt
1 1/2 tsp. garlic salt
1 tsp. fresh ground pepper
1 cup flour

Skin chicken. Mix flour, salt, pepper and garlic salt. Roll chicken pieces in flour mixture. Heat butter and oil in heavy skillet. Fry chicken, turning frequently, for 20-25 minutes or until golden brown and tender. Do not cover pan or chicken will not become crispy.

The Sindens'



Harry and Eleanor Sinden first met while she was a girlfriend of Harry's roommate and teammate on the Oshawa General's Junior "A" Team in 1949. They were married in Oshawa in May of 1952 and have four (4) daughters. Nancy is a special education teacher in the Salem school district and married to Jeffrey Pisciotta of Saugus; Carol is a ground hostess and ticket agent for Eastern Airlines at Logan Airport and will be married to Larry Leahy on March 27, 1981, and has a daughter Leah who is five years old; Donna who is married to Art Bamford of Saugus; and their youngest daughter Julie is a sophomore at Winchester High School. Harry, Eleanor, and Julie reside in Winchester.

Icicle Pickles

6 quart basket cucumbers - wash, dry, & cut lengthwise.

Make a brine of 2 cups coarse salt and 4 qts. boiling water. Put pickles in crock and pour brine over them. Let stand 4 days. 5th day - drain and cover with boiling water. 6th day - drain -dissolve 3 tbsps. powdered alum in enough water to cover. 7th day - drain - make syrup of 2 1/2 quarts cider vinegar, 8 cups sugar and 3 tbsps. whole mixed spice (in bag) boil and cover pickles. 8th day - drain syrup and reboil it adding 2 cups sugar.

Repeat heating syrup adding 2 cups sugar everyday until you have 16 cups sugar in pickles.

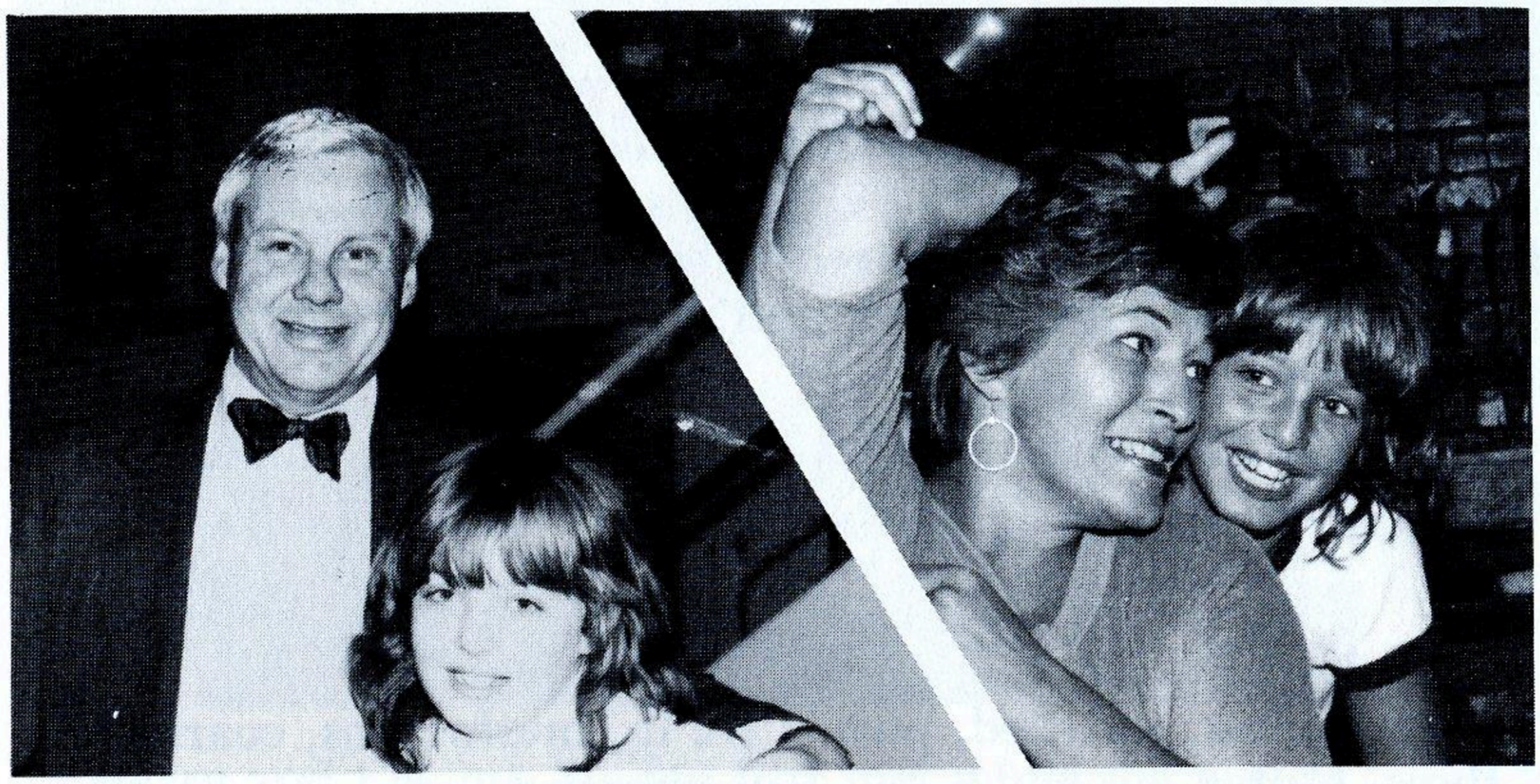
Game Pie

2 tbsps. butter, softened, plus
2 tbsps. butter
2 1 lb. pheasant, quartered, or substitute other game bird
2 tbsps. vegetable oil
1 1/2 cups chicken stock, fresh or canned
salt and freshly ground pepper
4 slices lean bacon
1/2 lb. mushrooms, coarsely chopped
1 tbsp. coarsely chopped shallots or one tbsp. coarsely chopped scallions
1 tbsp. finely chopped parsley
2 tsps. grated lemon peel
puff pastry
1 egg lightly beaten with 1 tbsp. milk

Preheat oven to 425°. Using a pastry brush, coat the bottom and sides of a 1 1/2 quart casserole or baking dish at least 2 inches deep with the 2 tbsps. of softened butter and set aside. Wash the pheasant pieces and pat dry. In a heavy skillet, melt the remaining 2 tbsps. of butter in the 2 tbsps. of oil over moderately high heat. Brown the pheasant starting them skin side down. When a deep golden brown remove them to a plate. Boil stock in skillet.* Arrange the pheasant pieces in casserole with slices of bacon on top. Sprinkle with salt and pepper. Mix the mushrooms, shallots, parsley, lemon peel, 1/4 tsp. of salt. Pour in stock that you had set aside. Prepare pastry and cover dish. Brush the entire surfact with the egg and milk mixture. Cut a one inch round hole in the center of the pie. Bake the pie in the middle of the oven for 20 minutes, reduce the heat to 375° and bake for 40 minutes longer, or until the crust is golden brown.

*If a thick stock is preferred add 1 tbsp. flour or cornstarch to thicken to desired consistency.

The Johnsons'



Doris and Tom live in Concord and have been married 18 years, they met in flight while Tom was still playing hockey in Montreal and she was a stewardess for Air Canada.

Their daughter Julie is 11 and interested in figure skating and swimming. Their son Tommy is 15 and plays hockey on two Concord teams. He also has an interest in motorcycles.

Doris has recently launched a new career in Real Estate and this keeps her busy, while Tom is on the road.

Tourtiere — Meat Pie

Fry 1/2 lb. of ground pork and 1/2 lb. of ground beef with 1 chopped onion. Cook for 1/2 hour. Boil 3-4 potatoes and mash with butter only. Drain meat and add potatoes - add 1/2 tsp. each of salt and pepper, cloves and cinnamon. Put in uncooked pie shell and bake in 400° oven - turned down to 350° for 30 minutes or until done.

Carrot Cake

3 cups flour
2 tsps. baking powder
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt
2 cups grated carrots
2 cups sugar
4 eggs, beaten
1 cup oil
nuts (optional)

Sift dry ingredients. Mix next 5 - add to mix. Cook 1 1/2 hours at 350°.

Icing:
2 tbsp butter
6 oz. cream cheese
1 tsp. vanilla
1/8 tsp. salt
1 1/2 to 2 cups confectioners sugar

Chicken Vegetable Soup

Put one whole chicken in a large pot. Fill with water - add parsley, carrots, celery, onion, 2 packets chicken bouillion. Cook all together until chicken falls from bone - about 1 hour. Strain - put chicken meat back into broth. Put vegetables through blender with some broth - put back into broth. Add two tablespoons parmesan grated cheese. Reheat - turn off -add rice or soup macaroni cooked or barley cooked - if desired.

The Bucyks'

John and Anne met at a baseball game in Edmonton, Alberta in 1957, the year John was traded to the Boston Bruins. Married a year later, they've been a part of the Bruins family ever since. They make their winter home in Boxford with their 3 children, JoAnne 20, a 3rd year student at Bridgewater State College; Larry 18, a senior at Masconomet High School and Michael 12, a student at Cole School.

A cottage on Kootenay Lake in British Columbia is their summer home where they all enjoy entertaining friends, fishing, boating and swimming. Another favorite pastime is bragging about beautiful British Columbia.

Kraut and Sprout Salad

1 can sauerkraut
1 can bean sprouts
1/2 cup chopped onions
1/2 cup chopped green pepper
1 cup finely chopped celery
1 tbsp. finely chopped pimento
1 cup sugar
1/2 cup vinegar

Heat sugar and vinegar to blend, cool. Rinse and drain kraut and sprouts, combine all ingredients, pouring vinegar over all. Chill.

Western Baked Beans

3 cups small white beans
4 tbsps. butter
1 large can tomatoes
1 or 2 cups ham chunks
1 can pineapple chunks, drained
1 cup chopped celery
4 tbsp. molasses
1 large chopped onion

Soak beans overnight. Simmer with 1/4 tsp. baking soda for 2 hours. Cook tomatoes and butter until thick, add rest of ingredients and cook 2 minutes. Layer beans and sauce in pot, bake at 325° for about 2 1/2 hours.

Johnny Cake

1 cup flour
1 cup cornmeal
1/3 cup sugar
4 tsps. baking powder
1/2 tsp. salt
1 cup milk
1/3 cup salad oil
2 eggs

Beat milk, oil and eggs until smooth, add to well mixed dry ingredients, stir just until moistened. Turn into greased 9" square pan. Bake at 400°, 20 to 25 minutes. Serve hot with butter. Great with beans or chili.

Nate Greenberg

Nate Greenberg is in his seventh season as Public Relations Director with the Bruins. He has twice been cited by the Professional Hockey Writers' Association for best press box operation and last year was also given an award for the best press guide. Nate is a 31 year old bachelor and now resides in Boston.

Rumors have it that Nate is a gourmet cook, but is often found at Cricket's Restaurant in Quincy Market. Nate has been a great help to all the players and is very popular in the organization. Although he can never be found on the ice "Nate the Skate" is always there in spirit.

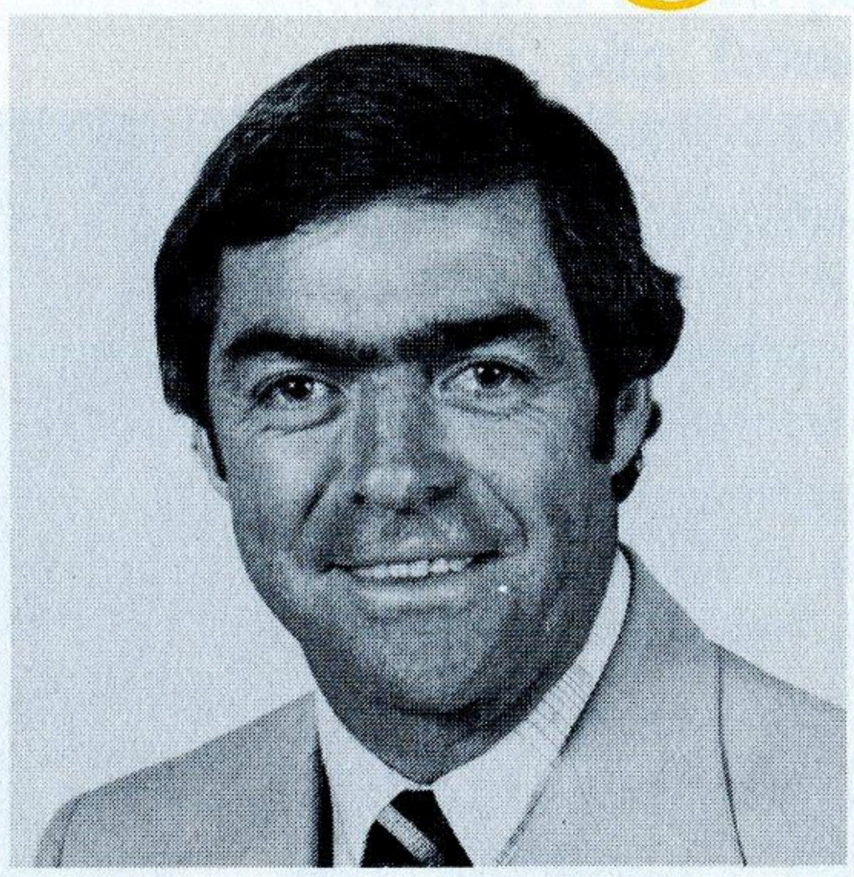
Quick Quiche

12 slices bacon, cooked and crumbled*
1 cup shredded sharp cheddar cheese
2 cups milk
1/2 cup bisquick baking mix
4 eggs
salt and pepper

Heat oven to 350°. In 10 inch pie plate put bacon and cheese. Place remaining ingredients in blender. Blend one minute. Pour into pie plate. Bake 50 to 55 minutes or until firm. Let stand 5 minutes before cutting.

*Broccoli or any cooked vegetable may be substituted for bacon.

Gary Darling



Gary is the Director of Scouting for the Boston Bruins and heads a 4 man staff that plays an important role in the player draft. He lives in Peterborough, Ontario with his wife and 3 children. A constant traveller and old hockey player himself he has been with the Bruins for a long time. Gary could give you good tips on many restaurants in many different towns.

Green Goddess Salad

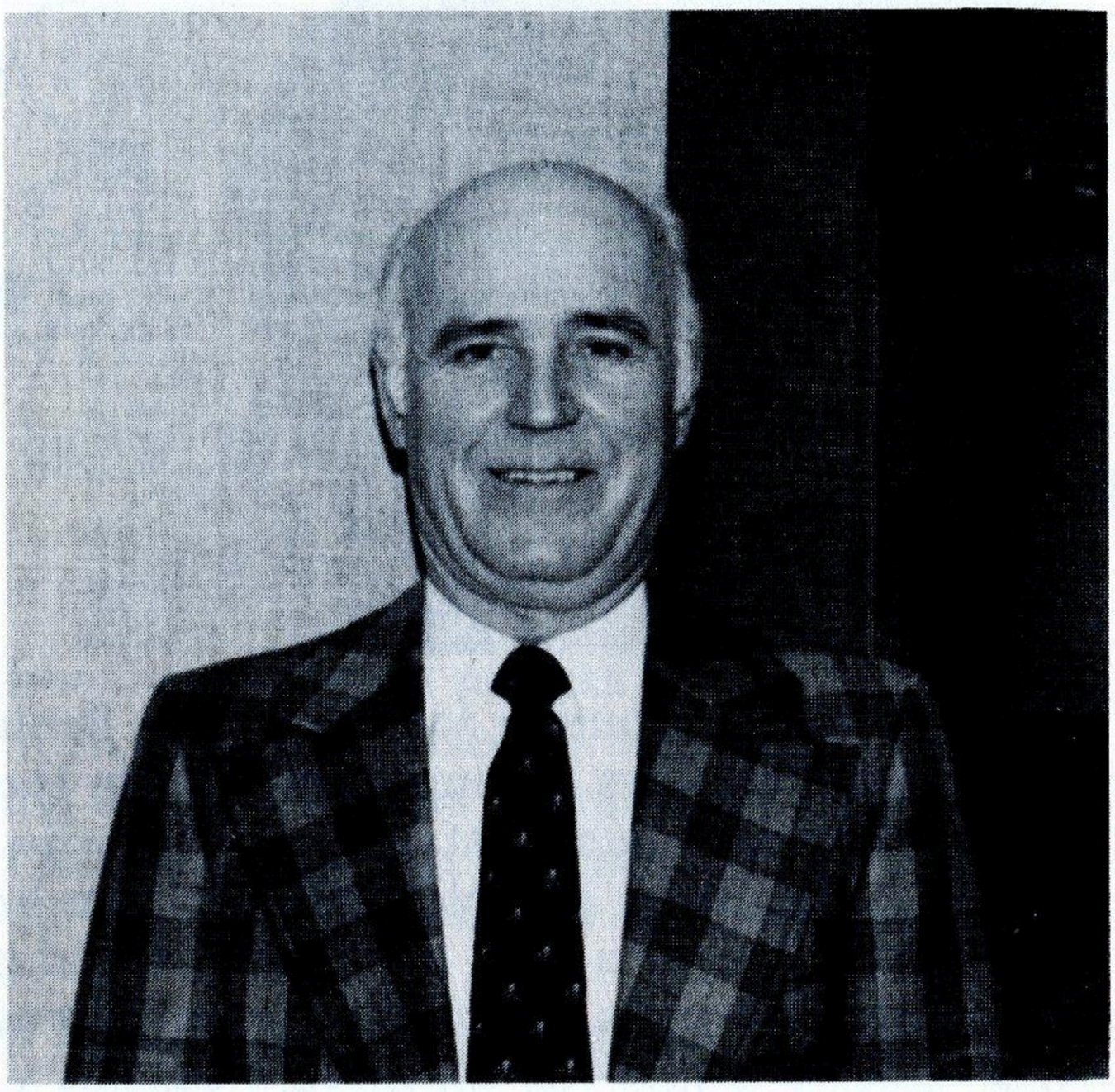
1 clove garlic
1 quart romaine lettuce
2 cup head lettuce
2 cup leaf spinach

Dressing:

1/2 clove garlic, crushed
1/2 cup mayonnaise
1/4 cup sour cream
1/2-1 can (2 oz.) anchovy fillets, chopped
2 tbsps. snipped parsley
1 tbsp. chopped green onion
1 tbsp. tarragon vinegar
1 tbsp. lemon juice
1/4 tsp. salt
freshly ground pepper
1-2 drops green food colouring

Rub salad bowl with cut garlic clove (use 1/2 garlic clove in dressing). Tear greens into bite-size pieces in bowl. Combine dressing ingredients, mix well just before serving, pour dressing over greens. Toss lightly. Makes 4 servings.

The Carltons'



John started scouting for the Boston Bruins as a "Bird Dog" in 1963. He then scouted full time in 1967. In 1972 he began administrative duties along with scouting.

John married his high school sweetheart. They have 5 children and 3 grandchildren. He enjoys boating and lobster fishing.

Chicken Pie

5 lbs. chicken (I prefer breasts)
1/2 cup chicken fat
3/4 cup flour
1 quart chicken broth
1 tsp. accent
about 3 boiled potatoes
10 oz. pkg. frozen peas
4 or 5 sliced carrots

Cook chicken adding 2 chicken bouillon cubes and an onion for extra flavor. Allow chicken to cool - cut off meat. Make past of flour and water, adding chicken fat slowly - add 1 quart broth in which chicken was cooked. Stir constantly for 10 minutes -add accent and salt and pepper to taste. Place vegetables in casserole - top with chicken - add sauce and cover with pastry crust. Vegetables and chicken can be divided evenly into individual casserole dishes and topped with pastry if desired.

Bake at 350^0 until hot and pastry is cooked. About 15 minutes.

Pastry

2 cups flour
3/4 tsp. salt
3/4 cup shortening
1 egg
1 tbsp. lemon juice
2 tbsps. ice water

Sift flour and salt into bowl. Cut shortening into flour until mixture looks like meal. Gradually mix in wellbeaten egg, lemon juice and water. Form into ball and roll.

Bavarian Apple Torte

1/2 cup butter
1/3 cup sugar
1/2 tsp. vanilla
1 cup flour
8 oz. cream cheese
1/2 cup sugar
1 egg
1/2 tsp. vanilla
1/3 cup sugar
1/2 tsp. cinnamon
4 cups sliced peeled apples
1/4 cup almonds

Heat oven to 450^0: cream butter, sugar, vanilla - add flour. Spread dough on bottom and 1 1/2" high around sides of 9" spring form pan. Combine softened cream cheese and sugar -mix well - add egg and vanilla-mix. Pour into pastry lined pan. Combine sugar and cinnamon - toss apples in sugar mixture. Spoon apples over cream cheese - sprinkle with nuts. Bake 450^0 - 10 minutes. Reduce to 400^0 - Bake 25 minutes longer. Loosen torte from rim of pan. Cool before removing rim.

Angela Daddico

Angela Daddico graduated from Hyde Park High School in 1971. Attended Boston State College when she was called into Boston Garden to help out temporarily as a part-time Information Operator.

While undecided as to which career to pursue (teacher or airlines), she was offered a job with the Assistant to the President of the Boston Garden/Boston Bruins in 1972. Never having any ambition to work in an office a la secretary, she decided to give the job a trial run. Needless to say, she was still there in 1975 when Nate Greenberg, Bruins P.R. Director, needed a secretary. After three months into the season they felt it would be easier for someone to step into that position being familiar with the organization as well as the local media, and Angela was invited to be a permanent staff member. To date, Angela enjoys a multi-faceted career on the staff of the P.R. Department for the Boston Bruins.

Cheese Stuffed Pork Chops

1 cup of soft bread crumbs
1/4 leaf of oregano
1/2 tsp. soy sauce
2 tsps. lard or drippings
1/4 tsp. pepper
1 1/2 cups of mozzarella cheese (grated)
1/4 tsp. of basil
5 tbsps. of water
1 tsp. salt
6 rib pork chops (1-1 1/2 inches thick)

Combine bread crumbs, cheese, oregano, basil, soy sauce and 1 tbsp. of water. Cut pockets in each pork chop, and fill with bread stuffing. Brown chops in fat, pour off excess grease. Season chops, add remaining water. Simmer and cover one hour until chops are tender.

Veal Scallopine

1 1/2 lb. veal
1/2 tsp. salt
4 tbsps. flour
1/4 cup oil
2 cloves garlic
1 can tomato paste (6 oz.)
1/4 cup sherry (wine)
1/2 tsp. pepper
3 tbsps. cheese
1/2 tsp. oregano
1 tsp. basil
1 cup water
2 tbsps. onion soup mix

Mix together flour, salt and pepper. Coat veal with mixture and brown on both sides with garlic in a frying pan. Remove veal and garlic and stir in tomato paste, water, oregano, onion soup, mix and let simmer for 15 minutes.

Return veal to the pan, cover and cook for 30 minutes. Stir in the sherry.

Serve with grated cheese on top.

Creamy Coconut Pie

1 pkg. cream cheese (softened)
1/2 cup of milk
1 container Cool Whip
1 8" graham cracker crust
2 tbsps. of sugar
1 1/3 cup of shredded coconut
1/2 tsp. almond extract

Combine cream cheese, sugar, milk and coconut in electric blender for 30 seconds. Fold into whipped topping and extract. Spoon into crust. Freeze until firm (4 hours). Let stand at room temperature for 5 minutes for creamier texture.

Ruthie Stuto

Ruthie Stuto came to the Boston Garden as a Senior at Medford High School employed in the Group Sales Department. After graduation, she accepted full-time employment in the Accounting Department and then eventually became secretary to the late Garden President Edward J. Powers.

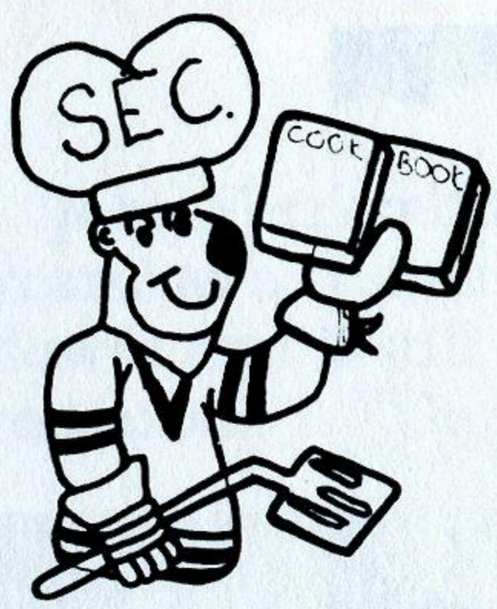
Ruthie has been secretary to Bruins/Garden President Paul A. Mooney since he came to Boston in the fall of 1975 when his companies purchased the Boston Bruins and Boston Garden.

Lemon and Garlic Veal Cutlets

1 lb. veal cutlets, thinly cut and hammered with mallet
1 lemon
2 cloves chopped garlic
2 eggs
1 1/2 cups seasoned bread crumbs with addt'l
4 tbsps. grated parmesan cheese and 2 tbsps. parsley
3 tbsps. Crisco
dash of salt and pepper

Slit cutlets on edges to prevent them from curling when frying. Beat 2 eggs and season with salt & pepper and 1 chopped garlic. Dip cutlet in egg mixture and then in seasoned bread crumbs. Heat 3 tbsps. Crisco and 1 chopped garlic in heavy skillet. Add cutlets to hot oil and garlic and cook until golden brown. While cooking, squeeze lemon juice on cutlet.

Dale Hamilton



Dale Hamilton came to Boston Garden during her senior year at Medford High School and worked part-time in the accounting office. She worked for one year in the accounting office following graduation until the inception of the Boston Braves Hockey Club, the Bruins' American Hockey League affiliate. Dale was secretary to Coach "Bep" Guidolin and Business Manager Ken Fraser for three seasons and remained on the staff working for the Boston Bruins after the Braves disbanded in 1974 and has been secretary to General Manager Harry Sinden since November 1975.

Beef and Rice

1 lb. hamburg
green pepper-diced
small onion-diced
2 cans tomato sauce
1 can water
1 cup rice-uncooked
1 tsp. salt
1 tsp. brown sugar or dash pepper

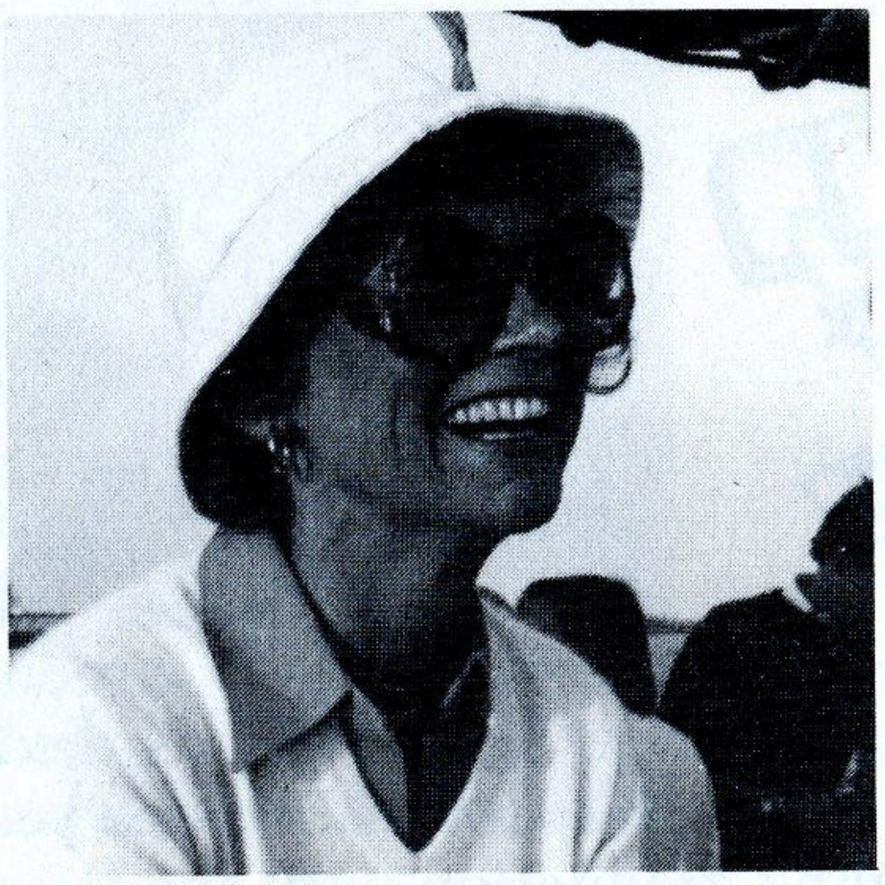
Brown hamburg, pepper and onion . . . 2 qt. casserole . . . mix tomato sauce, water, salt, and pepper, sugar and rice. Place on top hamburg, pepper and onion . . . cover and bake at 350° for 1 hour.

Kielbasi Casserole

1 1/2 lb. Kielbasi
1 pkg. fresh mushrooms
2 med. onions
1 lg. pepper
Near East rice pilaf
1-2 lb. can tomatoes
mozzarella cheese

Line casserole with cooked rice pilaf. Fry peppers, onions, mushrooms and Kielbasi (Kielbasi boiled 25 minutes previous). Place above on rice. Add tomatoes, cheese. Bake 350° til hot and bubbly.

Sandy Hutchinson



Sandy is the director of advertising sales at Boston Garden. She has been with the Bruins for 4 years now, and is single. Sandy graduated from U.N.H. and comes from Concord, N.H.
Sandy loves to cook and now resides in Charlestown, Mass.

Scallops in Cognac Broth

1/2 lb. sweet butter
1 cup cognac
1/2 cup lemon juice
2 lbs. Bay Scallops
1 tsp. salt
2 tbsps. fresh ginger
1/4 cup Italian Parsley, finely minced

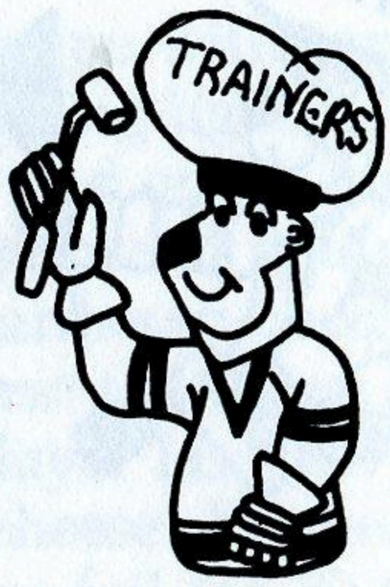
Melt butter in large skillet over low heat. Add cognac, lemon juice, salt, ginger and parsley. Simmer 5 minutes stirring to prevent burning. Place scallops in skillet and simmer for 5 minutes stirring once or twice. Remove scallops to heatproof bowl and keep warm. Turn heat to medium and reduce the sauce, stirring for 5-6 minutes. Pour over scallops and ladle into individual ramekins and serve.

John Forristall

John Forristall (Frosty) has been with the Bruins for 17 years, as a trainer. He has been through all the Bruins ups and downs and is still their number one supporter. His favorite restaurant is "Durgin Park" and his favorite brew is a "bud."

Tattoo

Tattoo (Dan) has been with the Bruins as a trainer for 3 years now. He has been a great help to Frosty and the players, and never seems to stop working. Tattoo's favorite restaurant is "Walsh's" in Quincy and can be found at "The 4's" in case of an emergency.



The Canneys'

The Canney Clan numbers six, Dan, myself (Peg), and four children, Mike 22, Danny 20, Cathy 19, and MaryBeth 16.

Dan and I met through a best friend of mine who also happened to be his sister. We both grew up in Charlestown, Ma. and, after our marriage on September 8, 1956, we spent approximately six years away from the Boston area. During that time, Dan worked his way through the EHL (Philadelphia, Pa.), the AHL (Rochester, N.Y.) and finally the NHL with the Boston Bruins. This is our 18th year back and with the Bruins. It's not often, in this hockey business, that you are lucky enough to end up back in your own home town, Charlestown, where we still reside.

Whoopie Pies

Mix together:
2 cups unsifted flour
1 tsp. baking soda
1/4 tsp. salt
1/3 cup cocoa
1 cup sugar

Then add:
1 egg
1/3 cup cooking oil
1 tsp. vanilla
3/4 cup milk

Drop heaping teaspoons on cookie sheet. Leave space for spreading. Bake 12 minutes in 350° oven.

Filling:
Beat all together:
1 stick margarine
1 cup confectioners' sugar
3 heaping tablespoons marshmallow fluff
1 tsp. vanilla

Spread between each two cookies.

Stuffed Peppers

4 medium green peppers
1/2 lb. ground beef
1/2 cup chopped onion
1 tbsp. butter or margarine
1 can (10 1/2 oz.) condensed tomato soup
2/3 cup cooked rice
1 1/2 cups water
1 tsp. worcestershire
1/2 tsp. salt
Dash pepper

Remove tops and seeds from peppers; cook in boiling salted water about 5 minutes; drain. Brown beef and cook onion in butter until tender; stir in 1/2 can soup and remaining ingredients. Spoon meat mixture into peppers; place in 1 1/2 quart casserole. Cover with aluminum foil. Bake in 375° oven for 30 minutes. Heat remaining soup and serve over peppers. Makes 4 servings.

Lasagne (Meatless)

1 lb. lasagne noodles
2 cans tomato sauce
1 egg
1 lb. ricotta cheese
1 lb. mozzarella cheese (thinly sliced)
grated parmesan or romano cheese

Line the bottom of lasagne with tomato sauce; then place the cooked lasagne overlapping lightly. Whip up an egg and mix into the ricotta cheese and add a layer of ricotta cheese mixed with egg and over that spread a layer of mozzarella cheese, then sprinkle on the parmesan cheese (or romano). Dot each layer with butter, repeat the layers until all the ingredients are used, making the top layer lasagne. Sprinkle well with parmesan or romano cheese. Pre-heat oven at 350°. Cook covered with aluminum foil for 30 to 45 minutes.

The Kauseks'

After graduating from Purdue University, Jim was drafted and served his time in the Army as trainer at West Point. While in New York, he met Donna who was finishing school at Ladycliff College. After the service, Jim went on the University of Iowa to receive his graduate degree in Physical Therapy. Jim and Donna are now married 6 years. They live in Lynnfield with their daughter Katie, 1 year and are expecting their 2nd in June.

Jim spends most of his free time with his family or playing racquetball. Donna has just completed her Masters degree in Education and any free time is devoted to racquetball, crewel and calligraphy.

Bacon-Cheese Delight

1 loaf party rye
1 cup grated cheddar cheese
3/4 lb. bacon, cooked and
crumbled
1 1/2 tbsp. grated onion
1/2 cup Miracle Whip

Mix all ingredients and spread on rye slices. Broil just before serving. Yields 32.

Hearty Beef Stew

2 lbs. stew beef
2 tbsp. crisco for frying
1 qt. (4 cups) boiling water
1 tbsp. red wine vinegar
1 tbsp. worcestershire sauce
1 clove garlic, minced
1 medium onion, grated
1 tsp. salt and pepper
6-8 carrots, 6-8 potatoes

Brown meat in crisco, evenly on all sides. Add water, vinegar, worcestershire sauce, garlic, onion and seasonings. Cover and simmer for 2 hours. Stir now and then. Add carrots and potatoes. Simmer for 30 minutes (covered) til vegetables are tender. (If liquid is too thin, make a paste of flour and water -slowly add to stew, stirring constantly to thicken). Serves 6-8.

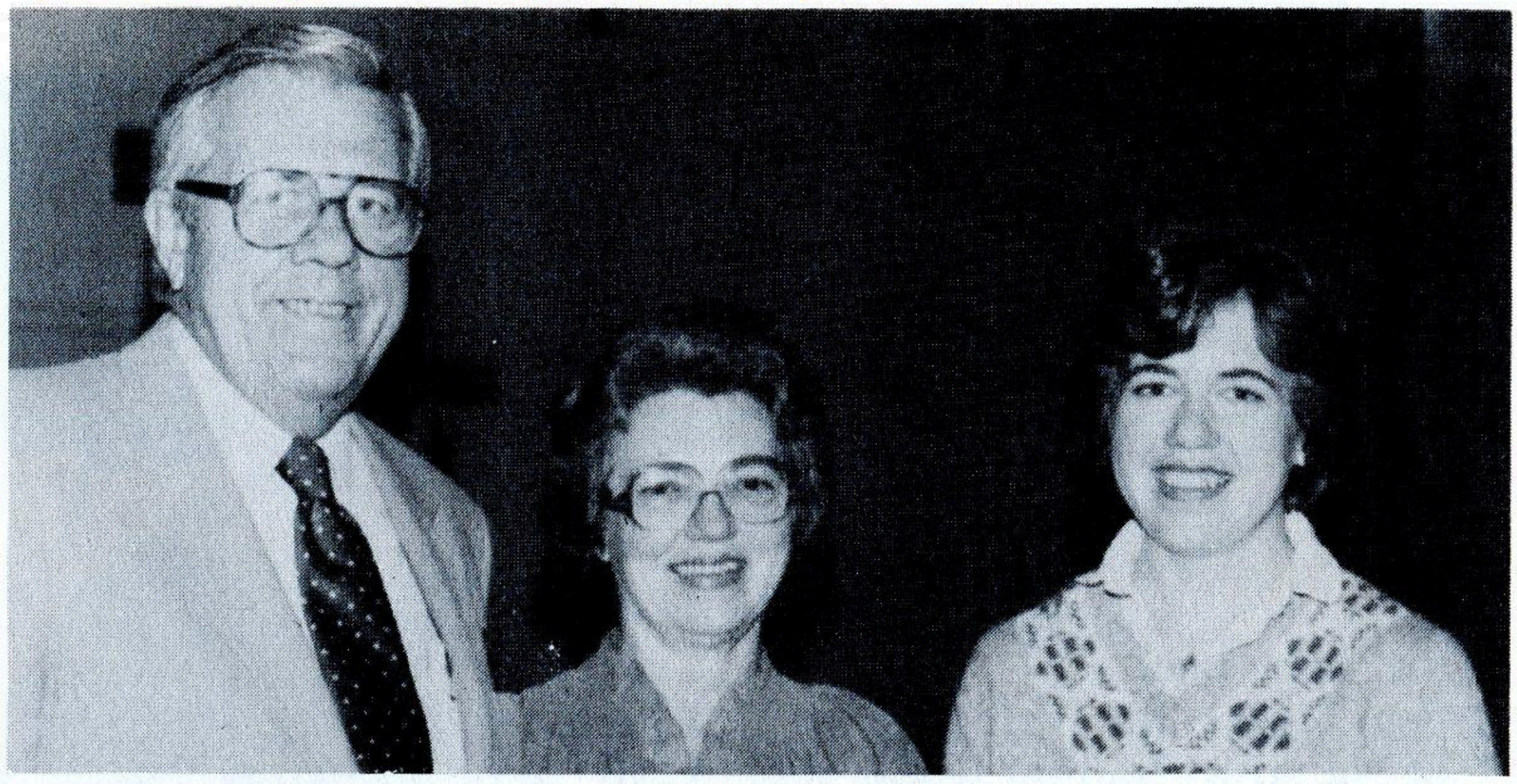
*Chocolate Mousse

1 pie shell (reg. crust or graham)
1 cup chocolate chips
2 egg whites
1 cup whipping cream
1 whole egg
2 egg yolks

Melt chocolate and set aside. Beat egg whites stiff and set aside. Whip cream and set aside. Place 2 yolks and whole egg in large bowl, slowly add chocolate beating constantly. Fold egg white and whipped cream into the chocolate and egg mixture. Pour into shell and refrigerate.

*Make 4-6 hours before serving.

The Wilsons'



Nancy and Bob are native Bostonians, having grown up in Arlington. They resided in Louisiana and Missouri, prior to moving to Belmont, where they have lived for the past 15 years. They recently celebrated their 30th anniversary.

They have three children, Linda, Bill and Patti. Linda, her husband Leo, and children Jennifer and Timothy live in Watkins Glen, N.Y. Bill is serving his 7th year in the U.S. Navy teaching Nuclear Electronics, and Patti is teaching Home Economics at the High School level.

Bob's hobbies include golf, tropical fish, cooking and model railroading. He has been the radio voice of the Bruins since 1967. He is the founder and first president of the NHL Broadcasters Association.

Nancy's hobbies include sewing, knitting, cooking and making handcrafted Sterling silver jewelry. She is a member of the Metalworkers' Guild of the Lexington Arts and Crafts Society. Nancy is employed as office manager for a local Dermatologist.

Some of their most pleasurable times together are during the off-season. They spend most of the summer at Lake Winnipesaukee in New Hampshire, much of it aboard their boat "Big Mouth III."

Bob's Shrimp Creole

1 medium onion, minced (about 1/2 cup)
2 tbsps. butter or margarine
1/2 cup chopped green pepper
1/4 cup diced celery
1 bay leaf, crushed
1 tsp. snipped parsley
1 tsp. salt
1/8 tsp. cayenne red pepper
1 can (6 oz.) tomato paste
2 cups water
2 cups cleaned cooked shrimp*
3 cups hot cooked rice

Cook and stir onion in butter until onion is tender. Stir in remaining ingredients, except shrimp and rice. Cook over low heat, stirring occasionally, about 30 minutes. Stir in shrimp and heat through. Serve over rice.

*From 1 1/2 pounds fresh or frozen shrimp (in shells), 14 oz. of frozen peeled shrimp, or 2 cans (5 oz. each) shrimp.

Nancy's Baked Stuffed Filet of Sole

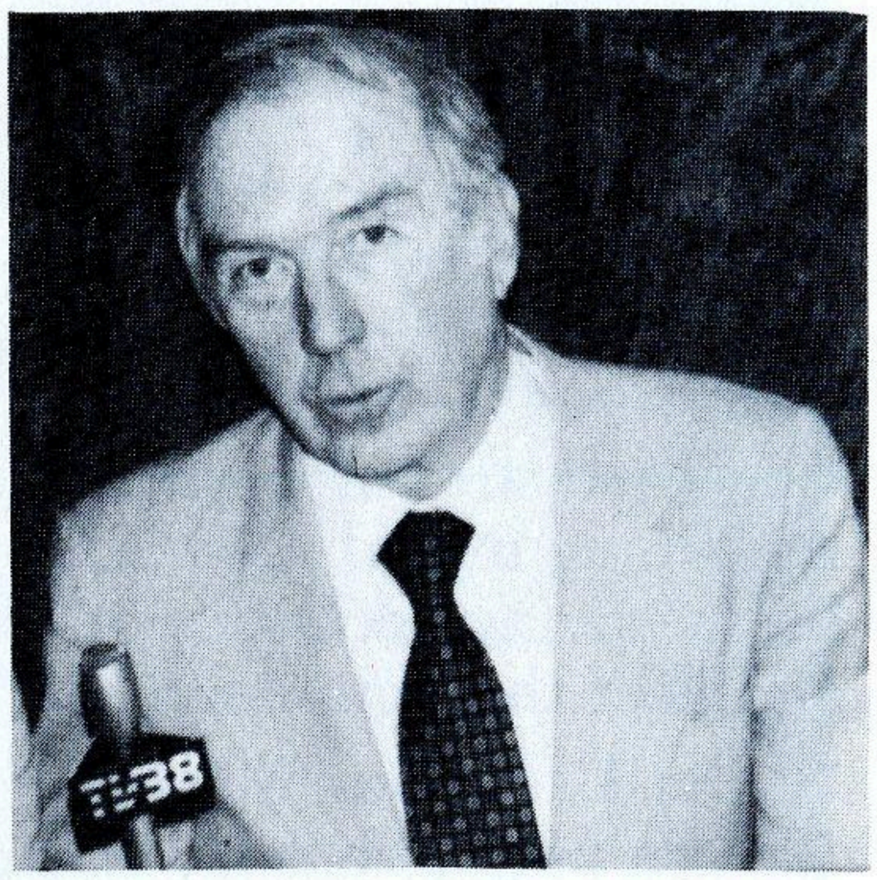
8 medium pieces filet of sole

Crabmeat Stuffing:

2 tbsps. butter or margarine
2 tbsps. finely chopped green pepper
1/4 cup finely chopped onion
2 tbsps. flour
1/2 cup milk
1/2 cup soft bread crumbs
1 tsp. Worcestershire
1/2 tsp. seasoned salt
dash of cayenne pepper
1 can (7 1/2 oz.) crabmeat, drained and flaked

Saute onion and green pepper in butter about 2 minutes. Remove from heat and stir in flour and stir until smooth. Gradually stir in milk, and cook, stirring constantly over medium heat until very thick and mixture just begins to boil. Remove from heat. Add bread crumbs, Worcestershire, salt, cayenne and crabmeat, and mix well. Spread a spoonful of stuffing on each filet and roll up. Place in flat baking dish and cover with aluminum foil. Bake covered 30-45 minutes at 325°. Serve with heated Newburg sauce poured over.

The Cusicks'



Barbara and Fred Cusick live year round in West Barnstable on Cape Cod. They have four children - Martha, a TV news reporter for Channel 31, White River Jct., Vermont; Fred, a staff reporter for the Philadelphia Inquirer; Sarah, with WITS Boston as Sports network coordinator; and Mary a senior at Yale.

Barbara is active in Women's golf at Hyannisport and has been club champion three times. During the winter she keeps busy with oil painting, indoor tennis and rooting for the Bruins. Fred has handled Bruins radio and TV broadcasts since 1952. He's been with Channel 38 since 1971.

Egg Nog Chiffon Pie

1 baked and cooled 9" graham cracker crust
4 eggs, separated
1/2 cup sugar
1/2 tsp. salt
1 cup scalded milk
1 envelope plain gelatine
1/4 cup cold milk
1/4 cup sugar
3 tbsps. of Sherry
Nutmeg

1. Dissolve gelatine in 1/4 cup cold milk.
2. Separate the egg yolks from the whites.
3. In the top of a double boiler over boiling water add 1/2 cup of sugar, 1/2 tsp. of salt and 1 cup of scalded milk to the egg yokes. Stir constantly until the mixture begins to thicken.
4. Add dissolved gelatin and chill the mixture for 3/4 to 1 hour.
5. Beat egg whites until firm, adding 1/4 cup of sugar gradually.
6. Fold custard mixtures into egg whites and fold in Sherry.
7. Pile in pie shell and sprinkle nutmeg lightly over pie.
8. Chill for three to four hours.

Fish Dish

2 lbs. of very fresh, thick haddock fillets
16 to 20 Ritz type crackers, crushed
1 stick of butter
Juice of one lemon

1. Melt butter and add cracker crumbs.
2. Cut haddock fillets in large serving sizes.
3. Arrange fillets in shallow baking dish.
4. Sprinkle cracker crumbs over fish.
5. Sprinkle lemon juice over all.
6. Bake in 375 degree oven for approximately 20 minutes.
7. Brown very briefly before serving.

Serves four to six.

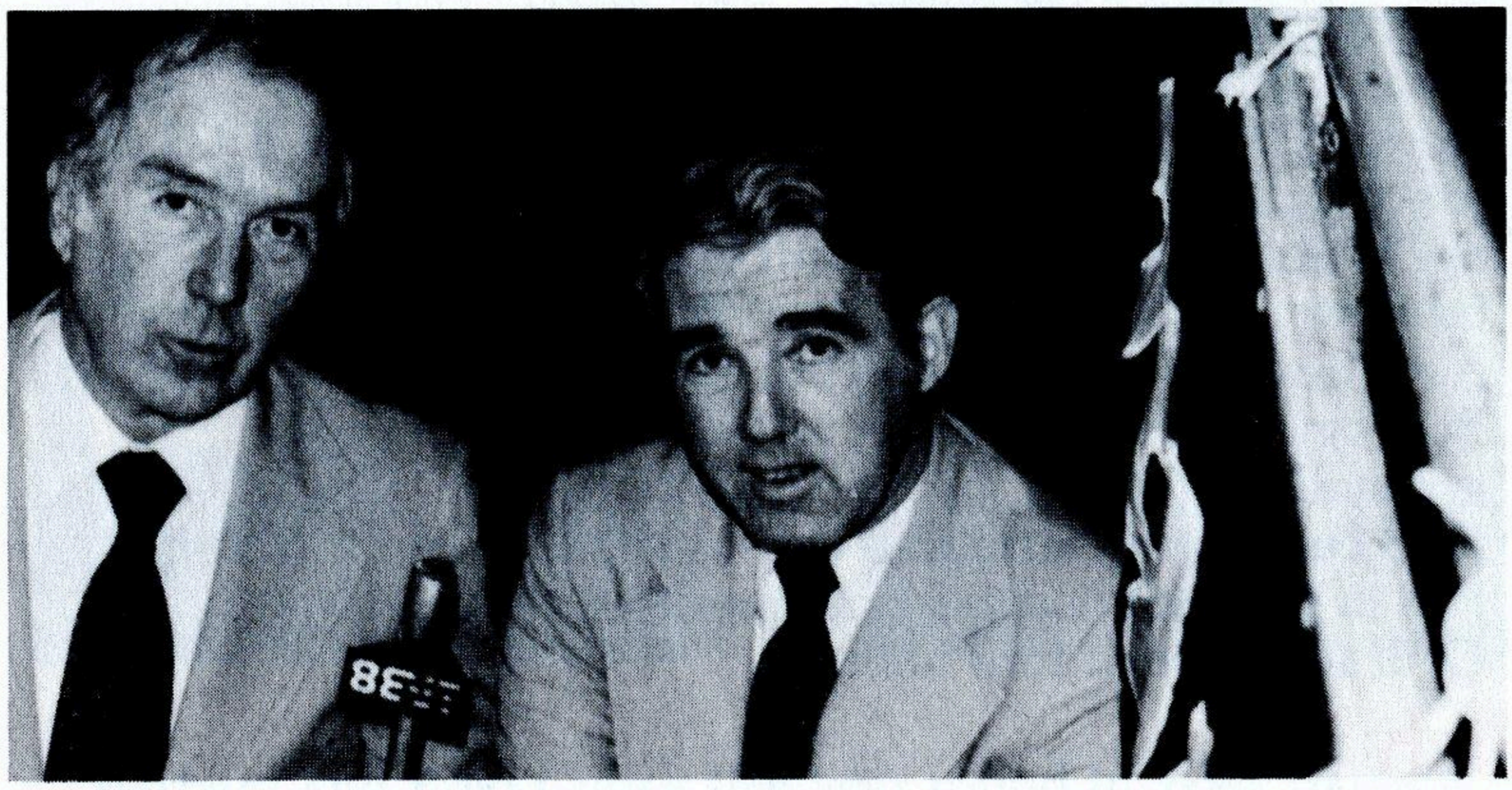
Cranberry-Raspberry Molded Salad

1 can jellied cranberry sauce
2 large packages raspberry jello
1 cup chopped walnuts
1 cup sour cream

1. Dilute cranberry sauce in 1 cup boiling water.
2. Dissolve 2 packages of jello in 1 cup boiling water.
3. Mix together.
4. Add 1 cup chopped nuts.
5. Put half of mixture in shallow pan and freeze for 1/2 hour.
6. Chill other half of mixture.
7. Spread 1 cup sour cream over frozen half.
8. Spoon chilled mixture over sour cream and refrigerate.
9. To serve cut in squares.

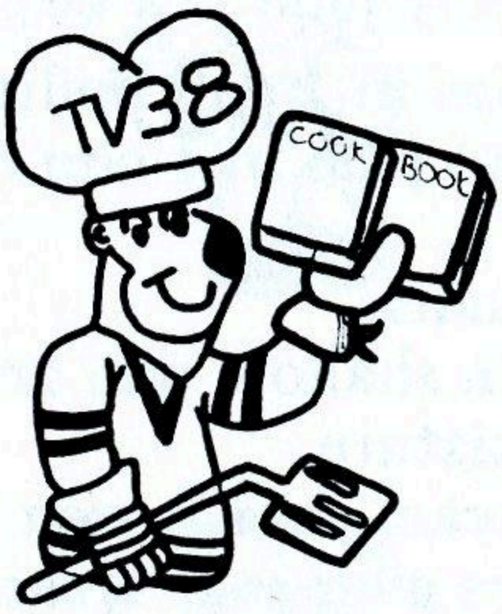
Serves six to ten.

The Peirsons'



John Peirson was born in Winnipeg, Manitoba but moved to Montreal as a young boy. He played hockey at McGill University and left to turn pro with the Hershey Bears. He played for the Bruins from 1947 through 1958. John started broadcasting the Bruins games on Radio. In 1970, he moved to doing the color on T.V. He is also a manufacturers representative in the furniture business.

John and his wife Barbara have four children. Bob, 28, is married and graduates from Babson Business School in May. John Jr. is 26, and working in Cambridge for Arthur D. Little. Pam 24, and her husband live in Colorado and have a four month old.



Family Casserole

2 tbsps. salad oil
2 lbs. chuck, ground
1 cup chopped onions
1 1/2 tsp. salt
3/4 tsp. chili powder
1 can stewed tomatoes
(2 cups)
1 tbsp. worcestershire
1 pkg. thawed frozen mixed
vegetables
1/4 lb. medium noodles
1 1/2 cups grated natural
cheddar cheese

In hot oil in skillet, saute beef about 10 minutes. Stir in onions, salt, chili powder, tomatoes, and Worcestershire. Combine vegetables with uncooked noodles and meat mixture. Turn into 2-qt casserole. Heat oven to 350°. Bake covered, 45 minutes. Uncover; sprinkle with grated cheese. Bake 30 minutes longer. Makes 8 to 10 servings.

Coffee Marshmallow Refrigerator Cake

Day Before:

In saucepan dissolve 2 tbsps. instant coffee in 1 cup hot water. With scissors, snip 1/2 lb. marshmallows (I use miniature). Cook over low heat, stirring, until marshmallows are melted. Refrigerate until slightly thickened; then fold in 1 cup heavy cream, whipped.

Split 18 Ladyfingers; use to line bottom of 10" x 8" x 2" baking dish; cover with 1/2 of coffee mixture. Repeat. Refrigerate.

At Serving time:

Spread top with 1/2 cup heavy cream, whipped. Cut into squares. Makes about 8 servings.

Pineapple Cheese Cake

Filling:
1 lb. cream cheese (softened)
3 eggs
5 tbsps. sugar
2 tsps. vanilla extract
1-7 oz. can crushed pineapple (drained)

Graham Cracker Crust:
12 graham crackers
8 tbsps. margarine (one stick)
5 tbsps. sugar

Topping:
16 oz. sour cream
5 tbsps. sugar
1 tsp. vanilla extract

Filling: Whip softened cream cheese with mixer. Add eggs and sugar - add vanilla and pineapple. Whip well.

Crust: Make graham crackers into crumbs. Add melted margarine and sugar. Stir together and press into 8" or 9" spring form pan. Pour in filling and bake at 375^0 for 40 minutes. Remove and cool for 10 minutes.

Topping: Mix ingredients and pour over top of cake and bake for 10 more minutes.

10-12 servings

Apple Everything

1 3/4 cups sugar
2 cups flour
3/4 tsp. salt
1 tsp. cinnamon (optional)
1 cup Crisco Oil
2 cups peeled and diced MacIntosh apples
3 eggs
1 tsp. baking powder
1 tsp. vanilla (optional)
1 cup nuts (optional)

Cream sugar and eggs - add dry ingredients - mix well. Add oil and vanilla, mix well. Batter will be very stiff. Fold in apples and nuts.

Bake at 350^0:

Squares — 9 x 13 pan, greased and floured - 40-45 minutes.

Pie — 2-9" pie plates, greased and floured - 30-40 minutes. Serve warm, topped with ice cream or whipped cream.

Cupcakes — grease and flour 24 cupcake tins - 25-35 minutes.

Snowball Dessert

2 envelopes plain gelatin
1/4 cup cold water
1 cup boiling water
1 1/2 cups orange juice
1 nine inch angel food cake
juice of one lemon
1 cup of granulated sugar
1 pint of heavy cream
1/8 tsp. salt
1 cup of coconut
1 pint of heavy cream

Dissolve the gelatin in cold water, add boiling water, fruit juices, salt and sugar. Mix well. Put in the refrigerator to chill. When partially set add 1 pint heavy cream whipped. Line a 2 1/2 quart mixing bowl with waxed paper. Put small handfuls of angel cake pieces alternately with cream mixture until bowl is filled. Chill until firm. Turn onto a large platter or cake plate. Coat with 1 pint whipped cream and sprinkle with coconut. Best if made and refrigerated (without coating of whipped cream and coconut) one day ahead.

Carrot Cake

2 cups flour (all purpose)
2 tsps. baking soda
2 tsps. baking powder
1 tsp. cinnamon
1/2 tsp. nutmeg
2 cups sugar
1 cup grated carrots
1/2 cup black walnuts
1 cup corn oil

Beat sugar with oil for two minutes. Mix all dry ingredients. Add dry ingredients and beaten eggs to sugar mixture, alternating beginning and ending with dry ingredients. Fold in carrots and black walnuts. Grease and flour angel food cake pan. Bake at 350^0 for 1 hour.

Frosting for Carrot Cake:

4 oz. cream cheese
2 tbsps. butter
1 tbsp. vanilla
2 cups confectioners sugar

Whip all ingredients until light and fluffy. After frosting cake, sprinkle with black walnuts.

NOTES